



Greenwood Athletic & Tennis Club's



# YOUTH PROGRAM GUIDE



## Youth



**GREENWOOD ATHLETIC  
AND TENNIS CLUB**

THE *Best* PART OF *Your* **KIDS'** *Day!*<sup>®</sup>

JULIE STALEY DIRECTOR | 303.770.2582 X287 | JULIES@GREENWOODATC.COM | GREENWOODATC.COM/YOUTH

## **YOUTH PROGRAMS**

### **Soccer Buddies (ages 15 months-4)**

Dates:

Our high-energy coaches create an outrageously fun environment for kids to learn the game of soccer. Age appropriate curriculum is taught while getting lots of touches on the ball for each child.

Day/Time:               Ages 15-36 months, Wednesdays, 9:00-9:50am

                                  Ages 3-4, Wednesdays, 10:00-10:50am

Cost:                       \$75 Member/\$95 Non-Member

Registration Link:   <http://bit.ly/2wsdn0b>

### **Mom-Tot Dance (ages 3 months-3)**

Dates: October 2-30, November 6-27, December 4-18

Dancers will be introduced to the world of dance in a fun environment. This class is designed for the dancers and parents to participate together.

Day/Time:               Mondays, 10:45-11:15am

Cost:                       \$50 Member/\$75 Non-Member

### **AbraKadoodle (ages 1.5-4)**

Dates: October 9-30, November 27-December 18

This class introduces new art experiences to the youngest of doodlers. The focus is on exploration! Activities are designed to provide opportunities to touch, feel, hear, see and explore, all while building fine motor, language, creativity, school readiness and cognitive skills. Lessons never repeat! An adult must attend with child.

Day/Time:               Mondays, 9:30-10:15am

Cost:                       \$64 Member/\$64 Non-Member

Registration Link:   <http://www.abrakadoodle.com/co-north-and-west-denver-register/>

### **Gym Jam (ages 2.5-4)**

Dates: October 3-31, November 7-28, December 5-19

This program introduces our youngest members to large motor skill development, where they'll burn off energy while parents get some time to themselves. Kids will participate in gym games followed by crafts, reading time and snacks. Come and play!

Day/Time:               Tuesdays, 9:30-11:00am

Cost:                       \$75 Member/\$95 Non-Member

### **After School PWRFit (ages 6+)**

Join us after school for an overall body and conditioning workout. Parents welcome!

Days/Time:              Wednesdays, 3:30-4:30pm

Cost:                       \$35 Members

### **Pilates for Teens (ages 11-18)**

Dates: September 27-October 18 (register by September 25), November 1-22 (register by October 30)

This program promotes a healthy, active lifestyle among children and teens, ages 11-18, by using the Pilates reformer. Boost self-confidence, improve body awareness and inspire an early love of movement that will serve as the foundation for a healthy way of life.

Day/Time:               Wednesdays, 4:00-4:45pm

Cost:                       \$100 Members/\$125 Non-Members

## **GREENWOOD BASKETBALL ACADEMY**

### **Platinum (Intermediate Level Ages 12+)**

Dates: October 4-25, November 1-29, December 6-20

Platinum provides year-round monthly classes with the goal of developing strengths and working on weaknesses.

Day/Time:               Wednesdays, 5:30-6:30pm

Cost:                       \$85 Member/\$105 Non-Member

### **Silver (Intermediate Level)**

Dates: October 4-25, November 1-29, December 6-20

The Silver program introduces the game of basketball while developing skills and fundamentals. Must be able to do a layup.

Day/Time: Wednesdays, 4:30-5:30pm

Cost: \$85 Member/\$105 Non-Member

### **Bronze (Beginner)**

Dates: October 4-25, November 1-29, December 6-20

Your child will learn, at an early age, to participate in sports as part of a healthy and active lifestyle.

Day/Time: Wednesdays, 3:45-4:30pm

Cost: \$85 Member/\$105 Non-Member

## **TENNIS**

### **Little Lobbers Tennis (ages 3-4)**

Dates: October 2-27, November 6-30, December 1-22

Introduce your child to the fundamentals of tennis.

Days/Times: Thursdays, 9:30-10:30am

Thursdays, 4:00-5:00pm

Fridays, 9:30-10:30am

Cost: \$85 Member/\$105 Non-Member

### **Future Stars (ages 4-5)**

Dates: August 27-October 22

These classes utilize low compression red balls on a 36' court with a 2' 9" net. We will emphasize basic skills, hand-eye coordination, tennis etiquette and most importantly FUN! Minimum of four students.

Days/Times: Sundays, 12:00-12:45pm

Tuesdays, 1:30-2:15pm

Cost: \$180 Member

### **QuickStart (ages 5-8)**

Dates: August 27-October 22

These classes recognize three different levels and age groups and will incorporate the appropriate ball, racquet and court size. Kids will be evaluated the first day and placed accordingly: Red Ball Beginners, Red Ball Challengers and Orange Ball Rallyers. All classes review the basic skills and strokes in an enthusiastic and fun environment!

Days/Times: Sundays, 11:00am-12:00pm

Wednesdays, 3:30-4:30pm

Cost: \$200 Member/\$250 Non-Member

### **Player Development (ages 8-12)**

Dates: August 28-October 19

Greenwood development programs are designed to rapidly improve all strokes and introduce tactical skills through a proven modern, integrated approach. Classes are customized to meet the needs of each student based on the player's age and skill level.

Days/Times: Mondays, 3:30-4:30pm

Wednesdays, 4:30-6:00pm \*Player Development Plus\*

Thursdays, 3:30-4:30pm

Tennis Member Cost: \$175 Mondays/\$300 Wednesdays/\$200 Thursdays

### **JV High School Development (ages 13-18)**

Dates: August 30-October 18

This program is designed for the teen-aged player, with limited playing experience, who has aspirations of playing on a high school team. Basic fundamentals of all strokes, rules and court positioning for singles and doubles, as well as tennis etiquette is covered.

Days/Times: Wednesdays, 5:00-6:30pm

Cost: \$300 Member

## COMBAT ZONE

### Tae Kwon Do (ages 4-13)

Dates: October 7-21, November 4-18, December 2-16

Get exercise, have fun and gain valuable life skills through the discipline of Tae Kwon Do.

Day/Time: Saturdays, 9:00-9:45am

Monthly Cost: \$65 Member/\$75 Non-Member

### Kids Brazilian Jiu-Jitsu (ages 6-13)

This class focuses on self-defense techniques while teaching kids the tenants of honesty, discipline, teamwork and fortitude.

Days/Times: Tuesdays and Thursdays, 5:00-6:00pm

Cost: \$103 Members/\$135 Non-Members \* **Kids Unlimited Classes per Month** (*Combat Zone membership includes all classes*)

## EVERYTHING AQUA

### Parent-Tot (ages 8 months-3) \*minimum of 3 participants to run the class

Parents are taught how to work in the water with their child with emphasis on safety and fun. We teach parents what skills to expect as their child develops both in and out of the water.

Session Dates:	Time:	Cost:
SESSION 1: 10/2-10/28 (4 weeks)	Mon 5:30-6:00 & Sat. 11:00-11:25am	\$39 member/\$60 guest (3 weeks)
SESSION 2: 11/4-11/18 (3 weeks)	Sat. 11:00-11:25am	\$52 member/\$80 guest (4 weeks)
SESSION 3: 12/2-12/23 (4 weeks)	Sat. 11:00-11:25am	

### SwimAmerica (group swim lessons for children 3 & up)

This program was established in 1988 by the American Swim Coaches Association and is often hailed as the most comprehensive learn-to-swim program ever created. There are 10 stations (levels) within the program, beginning with blowing bubbles and finishing with the completion of a 300IM. While teaching a natural progression of the strokes through drills emphasizing proper technique and efficiency, safety, instruction/fitness and fun are the three goals we strive for in our lessons.

Session Dates:	Times Offered:	Cost:
SESSION 1: 10/2-28 (4 weeks)	Mon. 10:00am, 4:30pm, 5:00pm	\$45 member/\$60 guest (3 weeks)
SESSION 2: 10/30-11/18 (3 weeks)	Thurs. 4:30pm, 5:00pm	\$60 member/\$80 guest (4 weeks)
SESSION 3: 11/27-12/23 (4 weeks)	Sat. 10:00am, 10:30am	

### Stroke School (ages 6-13)

This small group class provides an extension of the upper levels of SwimAmerica. Swimmers should be able to swim two lengths of freestyle with side breathing, one length of backstroke, and have some experience diving (pass level 6 in SwimAmerica). This 45-minute class focuses on further stroke development and provides a transition into Swim Conditioning and the Tiger Sharks.

Session Dates:	Times Offered:	Cost:
SESSION 1: 10/1-28 (4 weeks)	Mondays 4:15pm ( <b>4:00pm Session 2&amp;3</b> )	\$39 member/\$60 guest (3 weeks)
SESSION 2: 10/29-11/18 (3 weeks)	Tuesdays 4:15pm ( <b>4:00pm Session 2&amp;3</b> )	\$52 member/\$80 guest (4 weeks)
SESSION 3: 11/26-12/23 (4 weeks)	Thursdays 4:15pm, 5:00pm ( <b>4:00pm, 4:45pm Session 2&amp;3</b> ) Fridays 4:15pm ( <b>4:00pm Session 2&amp;3</b> ) Saturdays 10:00am Sundays 10:30am	

### Swim Conditioning (ages 10-18)

This small group class provides an extension of the upper levels of SwimAmerica. Swimmers should be able to swim two lengths of freestyle with side breathing, one length of backstroke, and have some experience diving (pass level 6 in SwimAmerica). This 45-minute class focuses on further stroke development and provides a transition into Swim Conditioning and the Tiger Sharks.

Session Dates:	Times:	Cost:
Aug. 29 - Oct. 19 (8 weeks)	Tuesdays and Thursdays 7:00-8:15pm	\$208 member/\$288 non-member
Nov. 2 - Dec. 14 (6 weeks) <b>NO CLASS 10/31 &amp; 11/23</b>		\$156 member/\$216 non-member



### **Greenwood Tiger Sharks (ages 6+)**

GTS is our year round USA Swimming competitive swim team. Swimmers ages 6-20+ compete with other USA Swimming teams locally and nationally. Swimmers train in one of six groups based on age and ability. Participation requires club membership and monthly team dues. For more information about GTS, please contact Coach Rob at 303-770-2582 x407.

### **CAMPS**

#### **Camp Greenwood School Days Out (ages 5-13)**

Dates: October 9-13, 16, 17, 23-27, November 3, 7, 10, 20-22, 24, December 22, 26-29

Join us for your kid's school day out. They will enjoy gym games, crafts, swimming, and a movie.

Time: 8:00am-6:00pm

Cost: \$75 Member/\$80 Non-Member

### **DATE NIGHTS AND SPECIAL EVENTS**

#### **Date Nights (ages 4-13)**

Dates: October 6, November 3, December 1

Swimming, dancing, dinner, playing and YOU have a night all to yourself. First Friday of every month.

Time: 5:00-9:00pm

Cost: \$29 Member/\$39 Non-Member

#### **Freaky Friday (ages 3-13)**

Date: Friday, October 27

Join us for ghoulish games, creepy crafts and monster movies. Bring your trick-or-treat bag for toys and candy!

Time: 4:00-9:00pm

Cost: \$25 Member/\$35 Non-Member

#### **Healthy Holiday Treats (ages 3-13)**

Date: Friday, November 24

Kids will learn to make fun, healthy holiday treats and have fun playing.

Time: 1:00-4:00pm

Cost: \$25 Member/\$35 Non-Member

#### **Holiday Drop and Shop (ages 3-13)**

Date: Saturday, December 9

Time to be thinking about the holidays! Drop the kids off with us and organize your holiday plans and shopping.

Time: 4:00-9:00pm

Cost: \$25 Member/\$35 Non-Member

#### **Polar Express Pajama Party (ages 3-13)**

Date: Saturday, December 16

All aboard the Polar Express! Come to our pajama party filled with games, crafts and The Polar Express movie.

Time: 4:00-9:00pm

Cost: \$25 Member/\$35 Non-Member

### **Birthday Parties at GATC**

Let Greenwood Athletic and Tennis Club do the party for you.

Planning a party at GATC is as simple as 1, 2, 3!

1. Select your date and party option
2. Email Julie at [julies@GreenwoodATC.com](mailto:julies@GreenwoodATC.com)
3. Sit back and enjoy the fun

### **Cardio Kids (ages 9-13)**

Kids can work out with their parents and earn prizes for doing so! Here's how it works:

1. Visit the Service Desk for a wristband to wear during your workout
2. Participate in cardiovascular exercise three times in one week and collect a prize.
3. Nothing to pay...it's FREE!



**GREENWOOD ATHLETIC  
AND TENNIS CLUB**

**PARTICIPANT AGREEMENT, WAIVER OF LIABILITY, ASSUMPTION OF RISK,  
RELEASE AND INDEMNIFICATION**

In consideration of access to and use of the facilities, equipment, events or activities, and the services of JAG Management Group, LLC, the Greenwood Athletic and Tennis Club ("GATC"), the Greenwood Athletic Club Metropolitan District (the "District"), their agents, owners, officers, managers, volunteers, participants, employees, independent contractors, consultants and all other persons or entities acting in any capacity on their behalf (herein collectively referred to as "Releasees"), I hereby agree, on behalf of myself, my spouse, my children, my parents, my heirs, assigns, personal representatives and estate as follows:

- 1. I hereby acknowledge, understand and assume all risk of injury and potential dangers arising from the conditions and use of any of GATC's facilities, equipment, services, programs, premises, events and/or activities, which may occur on, off, or about GATC premises. Furthermore, I hereby acknowledge that the risks include, among other things: drowning; slipping and falling; tripping; collision with fixed objects or people; the exposure to insects; exposure to the elements could cause cold water shock, sunburn, dehydration, heat exhaustion, heat stroke, and heat cramps; ability to swim and/or follow directions; falling off of or being thrown from inflatable devices; strains, sprains, broken bones and musculoskeletal injuries including head, neck, and back injuries; cuts, abrasions, and bruises; cardiac related illness; the negligence of participants, or other persons who may be present; equipment failure or operator error; my own physical condition, and physical exertion associated with activity.
- 2. I acknowledge and understand that included within the scope of this waiver and release is any cause of action arising from the performance or failure to perform construction, operation, maintenance, inspection, supervision or control of GATC facilities, equipment, services, programs and/or premises and/or from the failure to warn of dangerous conditions existing at GATC facilities, equipment, services, programs, premises, events and/or activities, which may occur on, off, or about GATC premises.
- 3. I hereby voluntarily relinquish and release, discharge, and agree to indemnify and hold harmless, now and forever, Releasees from any and all claims, demands, liability or causes of action for personal injury, property damage, or death occurring to me or to anyone else, by whomever or wherever made or presented caused by or arising from my presence at or use of the GATC, or GATC facilities, equipment, services, programs, events, and/or activities, which may occur on, off, or about GATC premises, including but not limited to injury or damage caused by negligence or omission on the part of Releasees.
- 4. Should Releasees or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.
- 5. I hereby certify that I have adequate insurance to cover any injury or damage I may cause or suffer, or I agree to bear the costs of such injury or damage myself. I further certify that I am willing to assume the risk of any medical or physical condition I may have.
- 6. In the event that I file a lawsuit against Releasees, I agree to do so solely in the state of Colorado, and I further agree that the substantive law of that state shall apply in that action without regard to the conflict of law rules of that state. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining document shall remain in full force and effect.
- 7. I hereby consent that photographs and/or video taken by GATC may be used by GATC for promotional materials, including the website. I understand that these photos and/or videos will be used only for promotional purposes, and will not be given to other parties for any purpose other than to promote the GATC. I may request that GATC cease from using any particular photo or video in future materials or promotions, by providing written notification to the GATC General Manager or Director of Marketing. Materials that are already in existence or production at the time I provide such written notice may continue to be used until supplies are exhausted.
- 8. I hereby agree to abide by the rules and regulations of the GATC as they may be amended from time to time.
- 9. This agreement and the rules and regulations of the GATC, as adopted and amended from time to time, set forth the entire agreement between the Releasees and me regarding liability. I have not relied on any representations made by or on behalf of the Releasees regarding this agreement. Nothing herein shall be deemed a waiver of the rights, privileges and limits on liability provided to the District by the Colorado Governmental Immunity Act, section 24-10-101, *et seq.*, C.R.S.
- 10. I authorize the Releasees to contact me via telephone call or message or via e-mail at the phone number and e-mail address below.
- 11. I have had sufficient time and opportunity to read this agreement, have read and understood it, and agree to be bound by its terms.

Participant Name \_\_\_\_\_ Signature of Participant \_\_\_\_\_ Date \_\_\_\_\_  
Phone Number \_\_\_\_\_ E-mail Address \_\_\_\_\_

**PARENT'S OR GUARDIAN'S ADDITIONAL INDEMNIFICATION**  
(Must be completed for participants under the age of 18)

- 12. In consideration of \_\_\_\_\_ (print minor's name) ("Minor") being permitted by Releasees to participate in its activities and to use its equipment and facilities, I further agree to indemnify and hold harmless Releasees from any and all claims which are brought by, or on behalf of Minor, and which are in any way connected with such use or participation by Minor. I authorize the Releasees to contact me via telephone call or message or via e-mail at the phone number and e-mail address below.

Parent/Guardian Name(s) \_\_\_\_\_ Signature of Parent/Guardian \_\_\_\_\_  
Phone Number \_\_\_\_\_ E-mail Address \_\_\_\_\_