

# YOUTH PROGRAM GUIDE

FALL 2018



**REGISTER**

Greenwood App, 303.770.2582 x274  
[GreenwoodATC.com/Youth](http://GreenwoodATC.com/Youth)

5801 South Quebec Street  
Greenwood Village, CO



**GREENWOOD ATHLETIC  
AND TENNIS CLUB**



## TENNIS

Contact Kristi: 303.771.2588 x278,  
KristiM@GreenwoodATC.com

### FUTURE STARS ages 4-5

These classes utilize low compression red balls on a 36' court and a 2' 9" net. We'll emphasize basic skills and etiquette, and most importantly, **fun!** Minimum of four students per class.

Coordinator: Peggy Bernardis

**Sundays, 12:00-12:45pm**

August 26, September 9, 16, 23, 30 and October 7  
\$135 Member

**Tuesdays, 4:00-5:00pm**

August 28, September 4, 11, 18, 25, October 2 and 9  
\$175 Member

Indoor Tennis Courts

### QUICKSTART TENNIS ages 5-8

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 Challenger and Orange Ball Rallyers. All classes review the basic skills and strokes in an enthusiastic and fun environment!

**Sundays, 11:00am-12:00pm**

August 26, September 9, 16, 23, 30 and October 7  
\$150 Member

**Tuesdays, 4:00-5:00pm**

August 28, September 4, 11, 18, 25, October 2 and 9  
\$175 Member

**Wednesdays, 3:30-4:30pm**

August 29, September 5, 12, 19, 26, October 3 and 10  
\$175 Member

Non-members add \$50/session to above rates for QuickStart. Athletic Club members welcome at member rates.

Indoor Tennis Courts

## BASKETBALL ACADEMY

Contact Paula: 303.770.2582 x309  
PaulaN@GreenwoodATC.com

Dates for all levels: September 5-26, October 3-24,  
November 7-28, December 5-19 (pro-rated)  
\$85 Member | \$105 Non-member

### BRONZE ages 4-6

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

**Wednesdays, 4:45-5:30pm**

### SILVER ages 7-11

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

**Wednesdays, 5:30-6:30pm**

### PLATINUM Intermediate Level Ages 12+

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

**Wednesdays, 6:30-7:30pm**

## MARTIAL ARTS

Contact Vic: 303.770.2582 x339 VicS@GreenwoodATC.com

Kids Unlimited membership/month (includes all classes).  
\$103 Member | \$135 Non-member

### LITTLE DRAGONS ages 4-8

This class develops children's' coordination, teaches basic punching and kicking skills while providing a fun play environment.

**Mondays and Wednesdays, 4:00-4:45pm**

**Saturdays, 8:30-9:15am**

### KIDS BRAZILIAN JIU-JITSU ages 8-14

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

**Tuesdays and Thursdays, 5:00-5:45pm**

### KIDS MARTIAL ARTS CLASS ages 9-13

In this class, kids will learn the basics of striking (kicking and punching) and self-defense. Emphasizes discipline and fun, but also work on physical fitness.

**Mondays and Wednesdays, 4:45-5:30pm**

**Saturdays, 9:15-10:00am**

## PROGRAMS

Information: 303.770.2582 x287,  
Register on the Greenwood App

### LITTLE LOBBERS TENNIS

ages 3-4

Introduce your child to the fundamentals of tennis with an emphasis on FUN! Three child minimum to run class.

**Thursdays, 9:30-10:30am and 4:00-5:00pm**

**Fridays, 9:30-10:30am**

September 6-28, October 4-26, November 1-30 (no class  
November 22 and 23), December 6-21 (pro-rated)

\$85 Member | \$105 Non-member

Gymnasium

### PARENT-TOT DANCE

ages 3 mos - 3

Dancers will be introduced to basic ballet and jazz technique through creative movement. This class is designed for the dancers and parents to participate

**Fridays, 11:00-11:30am**

September 7-28, October 5-26, November 2-30 (no class  
November 23) and December 7-21 (pro-rated)

Studio 2

\$50 Member | \$75 Non-member

### GYM JAM

ages 2.5 - 4

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!

**Tuesdays, 9:30-11:00am**

September 4-25, October 2-23, November 6-27,  
December 4-18 (pro-rated)

\$75 Member | \$95 Non-member

Gymnasium

### DATE NIGHTS

ages 3-13

Swimming, dancing, dinner, playing and YOU have a night all to yourself.

**5:00-9:00pm**

First Friday of each month; **September 7, October 5,**

**November 2 and December 7**

\$29 Member | \$39 Non-member



### PILATES FOR TEENS

ages 11-18

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.

**Mondays, 4:00-4:45pm**

October 1, 8, 15, 22 and 29

\$125 Member | \$150 Non-member

November 5, 12, 19 and 26

\$100 Member / \$125 Non-member

December 3, 10 and 17

\$75 Member / \$90 Non-member

## CAMPS

Information: 303.770.2582 x287

Visit [GreenwoodATC.com/Camps](http://GreenwoodATC.com/Camps)

### CAMP GREENWOOD SCHOOL DAYS OUT

ages 5-13

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

**Days vary by school district, 7:30am-6:00pm**

September - December

\$85 Member | \$100 Non-member





## SWIMMING

For more information: Crystal: 303.770.2582 x325,  
CrystalG@GreenwoodATC.com

### PARENT-TOT ages 8 months-3

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. Minimum of 3 participants to run the class.

#### Saturdays, 11:00-11:30am

October 6 - November 17 (6 weeks, no class on October 20)  
\$78 Member | \$120 Non-member

December 1-22 (4 weeks)

\$52 Member | \$80 Non-member

### SWIMAMERICA ages 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. Safety, instruction, fitness and fun are the goals we strive for in our lessons; while teaching a natural progression of the strokes through drills emphasizing proper technique and efficiency. Half-hour classes

**Mondays and Thursdays, 4:30-5:00pm, 5:00-5:30pm**

**Saturdays, 10:00-10:30am, 10:30-11:00am**

October 1 - November 17 (6 weeks, no classes week of October 15 due to Fall Break)

\$105 Member | \$120 Non-member

November 26 - December 22 (4 weeks)

\$60 Member | \$80 Non-member

### 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 Six in SwimAmerica). This 45-minute class focuses on further stroke development and provides a transition into Swim Conditioning and the Tiger Sharks.

**Mondays 4:00-4:45pm**

**Tuesdays, 4:00-4:45pm**

**Thursdays, 4:00-4:45pm and 4:45-5:30pm**

**Fridays, 4:00-4:45pm**

**Saturdays, 10:00-10:45am**

October 1 - November 17 (6 weeks, no classes week of October 15 for Fall Break)

\$78 Member | \$120 Non-member

November 26 - December 22 (4 weeks)

\$52 Member | \$80 Non-member

### SWIM CONDITIONING

#### ages 10-18

Designed for children in middle school and high school to gain strength and conditioning through swimming. This group does not compete, but combines swim-team type training with stroke development in a structured atmosphere that includes a balance of fun and challenge. This class is a good preparation for summer leagues or high school swimming, and a good way to make swimming part of an active lifestyle. Minimum of 6, and maximum of 30 participants allowed in the program.

**Tuesdays and Thursdays, 7:00-8:15pm**

August 21 - October 11 (8 weeks)

\$208 Member | \$288 Non-member

October 23 - December 20 (8 weeks, no class November 20 and 22 for Thanksgiving)

\$208 Member | \$288 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, contact Coach Genevieve

303.770.2582 x407, GenevieveM@GreenwoodATC.com