

Everything Aqua - WINTER 2019

Why stay dry? Try the Aquatics programs for youth and adults, and enjoy a lifetime of water fun!

Crystal Garland, Aquatics Coordinator 303.770.2582 x325 crystalg@greenwoodATC.com

YOUTH PROGRAMS



Parent-Tot (ages 8 months-3 years) *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:

SESSION 1: 1/7-2/2 (4 weeks)
SESSION 2: 2/4-3/2 (4 weeks)
SESSION 3: 3/4-3/30 (3 weeks)

No class week of 3/18

Time:

Monday 5:30-6:00pm
Saturday 11:00-11:30am

Cost:

\$60 member/\$80 non-member (4 weeks)
\$45 member/\$60 non-member (3 weeks)

No class week of 3/18

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 6 stations (levels) within the program, beginning with blowing bubbles and finishing with the completion of a having knowledge of butterfly and breaststroke.

Session Dates:

SESSION 1: 1/7-2/2 (4 weeks)
SESSION 2: 2/4-3/2 (4 weeks)
SESSION 3: 3/4-3/30 (3 weeks)

No class week of 3/18 due to CC Spring Break

Times Offered:

Monday 9:30am, 4:30pm, 5:00pm
Thursday 4:30pm, 5:00pm
Saturday 10:00am, 10:30am

Cost:

\$60 member/\$80 non-member (4 weeks)
\$45 member/\$60 non-member (3 weeks)

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 with breaststroke, butterfly and 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:

SESSION 1: 1/6-2/2 (4 weeks)
SESSION 2: 2/3-3/2 (4 weeks)
SESSION 3: 3/3-3/30 (3 weeks)

No class week of 3/17 due to CC
Spring Break

Times Offered:

Monday 4:00pm, 4:45pm
Tuesday 4:00pm
Thursday 4:00pm, 4:45pm
Friday 4:00pm
Saturday 10:00am
Sunday 10:30am

Cost:

\$60 member/\$80 non-member (4 weeks)
\$45 member/\$60 non-member (3 weeks)

Greenwood Tiger Sharks - Our year-round USASwimming competitive swim team. Swimmers, ages 6-18+, compete with other USASwimming 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 Genevieve at 303-770-2582 x407.

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ADULT PROGRAMS & PRIVATE LESSONS



Adult Classes - Learn a natural progression of strokes and gain confidence in the water. These classes are good preparation for the Masters program. **Adult Swimming 101** is for those with no prior swimming or stroke experience and combines foundations and mechanics with practical teaching tips. **Swim Technique and Training** develops proper stroke technique while providing a cardio workout through intervals and stroke drills. **Adult Swim Conditioning** is for those wanting to swim with a group to enhance their abilities. Swim sets, work on strokes and stroke drills will enhance your endurance in the water. Ability to swim is a prerequisite. Drop-in rates available. Contact CamaJo at ext. 253 for more information.

Session Dates:

SESSION 1: 1/7-1/28 (4 weeks)
 SESSION 2: 2/4-2/25 (4 weeks)
 SESSION 3: 3/4-3/30 (3/4 weeks)
 Adult Swim Conditioning off 3/18

Time:

Swim Technique & Training, 8:00-9:00am
 Adult Swimming 101, 9:00-9:45am
 Adult Swim Conditioning, 12:00-1:00pm

MONDAY ONLY
MONDAY ONLY
THURSDAY ONLY

Cost for Adult Classes:

\$72 member/\$92 non-member (4 weeks)
 \$54 member/\$69 non-member (3 weeks)

Drop in rate: \$20 member / \$25 non member

Masters Swim Team - Our Masters team will help you achieve your goals, whether swimming for fitness, training for triathlons, or competing in meets. Workouts are structured to meet the needs of various skill levels and include distance/endurance, sprints, technique, speed, and all four competitive strokes. The coaches will provide technique adjustments based on an individual's needs. We maintain a friendly, supportive and fun atmosphere and welcome swimmers with diverse backgrounds and goals. Swimmers may attend any of the workouts offered. Contact Crystal X325 for more information.

Session Dates/Costs:

\$360 annual fee, or
 \$30 monthly fee

Practice Schedule:

Monday, Wednesday, Friday 5:30-6:45am
 Tuesday, Wednesday, Thursday, Friday 11:00am-12:00pm
 Saturday 8:00-9:15am

Swim Conditioning (ages 10-18) - This group is designed for young swimmers to gain strength and conditioning through swimming with no competition involved while combining training with stroke technique in a low-key, fun atmosphere. This is a great alternative to the Tiger Sharks or to enhance high school and summer league training.

Session Dates:

SESSION 1: 1/8-2/14 (6 weeks)
 SESSION 2: 2/19-3/14* (4 weeks)

Times:

Tuesday and Thursday 7:00-8:15pm
 *No Class 1/24 class held on 1/23

Cost:

\$156 member/\$216 non-member (6 weeks)
 \$104 member/\$144 non-member (4 weeks)

Private Swim Lessons (all ages, 3 years and up) - If our group classes are not for you or if you need additional practice with a skill, Greenwood instructors will be able to accommodate your needs by offering private swim lessons. Private, semi-private and trio lessons are available. This is a great way to develop skills in a structured and safe environment. Swimming takes time and commitment for all levels, therefore we recommend a minimum of five half-hour lessons in order to establish progression. You can request a specific instructor or Crystal can set you up with one of our skilled and experienced instructors. Please give 24-hour notification for all cancelations to avoid being charged.

Cost per Half Hour:

Private Lesson

\$35 member/\$45 non-member

Duo Lesson (per person)

\$25 member/\$30 non-member

Trio Lesson (per person)

\$22 member/\$27 non-member