

REC GUIDE

WINTER/SPRING 2020

Aquatics



Cover picture by
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Birthday Pool Parties

Have your next party or special occasion at the Fort Lupton Recreation Center Swimming Pool. We will do everything we can to make your time enjoyable and fun for all that are involved. The pool party room will be set up when you arrive. The Aquatics Staff will review all pool rules before your group begins swimming - wrist bands will be provided. Pool parties are scheduled around swimming pool hours. Please call for availability of day and time or visit our website, www.fortluptonco.gov.



Package 1: \$125

Includes - A 1/2 sheet Birthday Cake chosen from the following themes: (Sports, Princess, Spiderman), Napkins, Plates, Cups, Forks, Matching Balloons, Punch (2 gallons), - Additional beverages may be purchased through the Community Center, Pool usage for a maximum of 25 people (2 hours), and Pool Party Room for maximum of 25 people.

Package 2: \$100

Includes - Pool usage for only a maximum of 25 people (2 hours), and Pool Party Room.

...things to keep in mind: Reservations are required at least one week in advance. Daily Fee is required for people who wish to swim after the pool party is over. See daily rates for more information.

CAUTION:

Children 6 years and younger, must have someone 15 years or older in the pool with them at all time AND within arm's reach of the child at all time.

**Please Closely Watch Your Children At All Times!
It Only Takes Seconds For Your Child To Drown.
Your Child's Safety Is Your Responsibility!**

DANGER:

**No Diving - Shallow Water Feet First Only
Prevent Spinal Injuries!**

DANGER:

**No Prolonged Underwater Swimming or Breath Holding.
Competitive and Repetitive Breath Holding Can Be Deadly.**

Pool Rules

- ▶ No one is allowed in the pool area without a lifeguard on duty.
- ▶ All swimmers must shower before entering/re-entering the pool.
- ▶ Proper swim attire must be worn at all times. Lined swimsuits (no exposed metal, buckles, etc.). White T-shirts along with proper swimsuits are allowed. (NO COLORED T-SHIRTS).
- ▶ Children of diaper wearing age must have swim diapers. Please no regular diapers. Swim diapers can be purchased at recreation center front desk.
- ▶ No running.
- ▶ Children 6 years of age and under must be in arms reach of someone 15 years of age or older at all times.
- ▶ Standing on shoulders is not permitted.
- ▶ Water wings are not permitted.
- ▶ No food, drink, gum, or tobacco products permitted in the pool area.
- ▶ No glass items in the pool area.
- ▶ Strollers are not permitted on the pool deck.
- ▶ All swimmers must clear the pool at a lifeguard's request.
- ▶ No horseplay.
- ▶ Mermaid tails are not permitted at the pool.
- ▶ Inappropriate or lewd conduct, as judged by lifeguards to be offensive to the public, will not be tolerated. If a participant does not comply with pool and Center policies, they may be asked to leave.

Pool Schedule: January - May

SUN	12:00 - 4:30pm	Open Swim (Slide/Play Features On)
	5:30 - 8:00am	Lap Swim
MON	6:00 - 6:45am	Advanced Aqua Fitness
	8:15 - 9:00am	Aqua Fitness
	12:00 - 6:00pm	Open Swim (Slide/Play Features On)
	6:00 - 8:30pm	Swim Lessons (Pool Closed)
	7:00 - 7:45pm	Aqua Fitness (Pool Closed)
TUE	5:30 - 8:00pm	Lap Swim
	8:15 - 9:00am	SilverSneakers® Splash
	9:00 - 9:45am	Aqua Fitness
	12:00 - 8:30pm	Open Swim (Slide/Play Features On)
	6:30 - 7:15pm	Advanced Aqua Fitness
WED	5:30 - 8:00am	Lap Swim
	6:00 - 6:45am	Advanced Aqua Fitness
	8:15 - 9:00am	Aqua Circuit
	12:00 - 6:00pm	Open Swim (Slide/Play Features On)
	6:00 - 8:30pm	Swim Lessons (Pool Closed)
THUR	7:00 - 7:45pm	Aqua Fitness (Pool Closed)
	5:30 - 8:00pm	Lap Swim
	8:15 - 9:00am	SilverSneakers® Splash
	9:00 - 9:45am	Aqua Fitness
	12:00 - 8:30pm	Open Swim (Slide/Play Features On)
FRI	6:30 - 7:15pm	Advanced Aqua Fitness
	5:30 - 8:00am	Lap Swim
	7:00 - 7:45am	H2O Boot Camp
	8:15 - 9:00am	SilverSneakers® Splash
	9:00 - 9:45am	Aqua Fitness
SAT	12:00 - 7:30pm	Open Swim (Slide/Play Features On)
	5:30 - 7:30pm	Family Swim
	8:00 - 11:30am	Swim Lessons (Limited Swim)
	11:30 - 4:30pm	Open Swim (Slide/Play Features On)

Schedule Description:

Open Swim: Starts at 12:00pm Sunday - Friday; Saturdays starting at 11:30am. Slide / Play Features On

Limited Open Swim: Limited Open Swim during Swim Lessons; Slide / Play Features will NOT be on.

Lap Swim: Open to all ages. Lap Lanes are strictly for lap swimming. Reservations will NOT be taken.

Swim Lessons: Swim Lessons start Monday, 1/20/20. See page 14 for swim lessons times. Pool closed during Monday/Wednesday evenings swim lessons from 6:00pm - 8:30pm. Limited open swim during Saturday morning swim lessons, 8:00am - 11:30am.

Family Swim: Family can enjoy the pool at 50% off daily admission for swimming only on Fridays from 5:30pm - 7:30pm.

Advanced Aqua Fitness: A higher intensity version of Aqua Fitness. This class offers a challenging and intense workout.

Aqua Circuit: This class combines cardio and resistance training in an interval pattern to provide your body with a complete workout. Hand buoys, fitness ropes and noodles may be used in the resistance portion.

Aqua Fitness / SilverSneakers® Splash: A class for everyone, especially for those with joint limitations or injuries. Get fit with this challenging water workout, using your own body weight, and water resistance tools. Splash your way into improved strength, you'll leave the class feeling refreshed.

H2O Boot Camp: This is no water aerobics class! This class will have you jumping in and out of the pool, squats, push-ups, lunges, and abs so many ab exercise. So if you love the water and want a tougher class, this is the class for you.



Splash Swim Program

Registration for all swimming lessons will be on a first come, first served walk-in basis, and will be taken at the Fort Lupton Recreation Center. After the registration deadline, registration will be closed. If there are any spaces available, registration may be accepted with the approval of the Aquatics Coordinator. There is a minimum of two students and a maximum of six students.

Shrimps (Baby & Me)

This class is for young children and their parents. The class is designed to teach parents how to have fun with their child in the water while also introducing important swim skills. Swimmers will work on comfort in the water, floating and gliding on back and with eyes in the water for a short distance.

Age Recommendation: 6 months - 3 years

Seahorse (Preschool)

This level is for swimmers who have graduated the Shrimps level. In this class children swim, without their parents, in the water and work on assisted floating, submerging underwater, and becoming mobile using simultaneous arm and leg actions and alternating arm and leg actions.

Age Recommendation: 3 years - 5 years

Clownfish (Level 1)

The Clownfish level is for the younger beginning swimmer. Students will learn to float on their front and back as well as how to comfortably go underwater. We emphasize safety and confidence while setting the foundation for more advanced skills. We use songs, toys and games to help us achieve mastery of these skills.

Age Recommendation: 5 years +

Barracuda (Level 2)

The Barracuda level is for the swimmer who is comfortable in the water and can float independently. In this class, students will begin to learn streamlining, freestyle, backstroke and how to swim to the wall after jumping into the water.

Age Recommendation: 6 years +

Swim School

Registration for all swimming lessons will be on a first come, first served walk-in basis, and will be taken at the Fort Lupton Recreation Center. After the registration deadline, registration will be closed. If there are any spaces available, registration may be accepted with the approval of the Aquatics Coordinator. There is a minimum of two students and a maximum of eight students.

Sting Rays (Level 3)

The Sting Ray level is for young swimmers who can consistently swim freestyle and are ready to start learning side breathing. Students will also work on backstroke progression and be introduced to breaststroke kick. We will also teach our swimmers how to tread water for 30 seconds at a time and build confidence.

Age Recommendation: 6 years +

Sharks (Level 4)

The Sharks class is designed to really enhance and perfect swimmer's technique. We spend time really focusing on mastery of all aspects of the water. They should be comfortable swimming freestyle and backstroke. They should have a strong grasp and understanding of breaststroke. Introduction to butterfly will begin here.

Age Recommendation: 6 years +

Whales (Level 5)

The Whale class is designed to focus on repetitive, perfect stroke technique to prepare swimmers for Swim Team. These swimmers are proficient in every stroke, and maintain correct body positioning and technique while swimming.

Age Recommendation: 6 years +

American Red Cross Lifeguarding Course

Looking for a part-time job? Become an American Red Cross certified Lifeguard through the Fort Lupton Recreation Center. This course gives a generalized view of lifeguarding skills and practices. First Aid and CPR/AED for the Professional Rescuer are included. Prerequisites for the class include: 15 years of age on or before the last day of class; swim 300 yards continuously with frontcrawl and breaststroke; swim 20 yards, retrieve a 10 pound brick from the bottom of the pool and swim 20 yards with the brick and tread water for 2 minutes. **YOU MUST ATTEND EVERY CLASS TO RECEIVE THE AMERICAN RED CROSS CERTIFICATION.** Fee includes American Red Cross Lifeguard Training Book and rescue mask.



Code	Date	Deadline	Fee
14624	3/22/20 - 3/27/20	3/20/20	\$75

NEW - Online Registration

Starting January 2020, Early Registration fee available Online through program deadline.

Evening Lessons: Session A

Days: Monday / Wednesday Evenings
 Date: 1/20/20 - 2/12/20
 Registration: \$30 before Thursday, 1/16/20

Code	Level	Time	Fee
14626	Shrimps	6:00pm - 6:30pm	\$35
14636	Seahorse	6:35pm - 7:05pm	\$35
14646	Clownfish	6:00pm - 6:30pm	\$35
14647	Clownfish	6:35pm - 7:05pm	\$35
14659	Barracudas	7:10pm - 7:40pm	\$35
14669	Sting Rays	7:10pm - 7:40pm	\$35
14679	Sharks	7:45pm - 8:15pm	\$35
14686	Whales	7:45pm - 8:15pm	\$35

Evening Lessons: Session B

Days: Monday / Wednesday Evenings
 Date: 2/24/20 - 3/18/20
 Registration: \$30 before Thursday, 2/20/20

Code	Level	Time	Fee
14627	Shrimps	6:00pm - 6:30pm	\$35
14637	Seahorse	6:35pm - 7:05pm	\$35
14648	Clownfish	6:00pm - 6:30pm	\$35
14649	Clownfish	6:35pm - 7:05pm	\$35
14660	Barracudas	7:10pm - 7:40pm	\$35
14670	Sting Rays	7:10pm - 7:40pm	\$35
14680	Sharks	7:45pm - 8:15pm	\$35
14687	Whales	7:45pm - 8:15pm	\$35

Evening Lessons: Session C

Days: Monday / Wednesday Evenings
 Date: 3/30/20 - 4/22/20
 Registration: \$30 before Thursday, 3/26/20

Code	Level	Time	Fee
14628	Shrimps	6:00pm - 6:30pm	\$35
14638	Seahorse	6:35pm - 7:05pm	\$35
14650	Clownfish	6:00pm - 6:30pm	\$35
14651	Clownfish	6:35pm - 7:05pm	\$35
14661	Barracudas	7:10pm - 7:40pm	\$35
14671	Sting Rays	7:10pm - 7:40pm	\$35
14681	Sharks	7:45pm - 8:15pm	\$35
14688	Whales	7:45pm - 8:15pm	\$35

Saturday Lessons: Session A

Days: Saturdays
 Date: 1/25/20 - 2/15/20
 Registration: \$20 before Thursday, 1/23/20

Code	Level	Time	Fee
14629	Shrimps	9:00am - 9:40am	\$25
14630	Shrimps	10:30am - 11:10am	\$25
14639	Seahorse	9:45am - 10:25am	\$25
14640	Seahorse	10:30am - 11:10am	\$25
14652	Clownfish	9:45am - 10:25am	\$25
14653	Clownfish	10:30am - 11:10am	\$25
14662	Barracudas	8:15am - 8:55am	\$25
14663	Barracudas	9:00am - 9:40am	\$25
14672	Sting Rays	8:15am - 8:55am	\$25
14673	Sting Rays	9:45am - 10:25am	\$25
14682	Sharks	9:00am - 9:40am	\$25
14689	Whales	8:15am - 8:55am	\$25



Saturday Lessons: Session B

Days: Saturdays
 Date: 2/29/20 - 3/21/20
 Registration: \$20 before Thursday, 2/27/20

Code	Level	Time	Fee
14631	Shrimps	9:00am - 9:40am	\$25
14632	Shrimps	10:30am - 11:10am	\$25
14641	Seahorse	9:45am - 10:25am	\$25
14642	Seahorse	10:30am - 11:10am	\$25
14654	Clownfish	9:45am - 10:25am	\$25
14655	Clownfish	10:30am - 11:10am	\$25
14664	Barracudas	8:15am - 8:55am	\$25
14665	Barracudas	9:00am - 9:40am	\$25
14674	Sting Rays	8:15am - 8:55am	\$25
14675	Sting Rays	9:45am - 10:25am	\$25
14683	Sharks	9:00am - 9:40am	\$25
14690	Whales	8:15am - 8:55am	\$25

Saturday Lessons: Session C

Days: Saturdays
 Date: 4/4/20 - 4/25/20
 Registration: \$20 before Thursday, 4/2/20

Code	Level	Time	Fee
14633	Shrimps	9:00am - 9:40am	\$25
14634	Shrimps	10:30am - 11:10am	\$25
14643	Seahorse	9:45am - 10:25am	\$25
14644	Seahorse	10:30am - 11:10am	\$25
14656	Clownfish	9:45am - 10:25am	\$25
14657	Clownfish	10:30am - 11:10am	\$25
14666	Barracudas	8:15am - 8:55am	\$25
14667	Barracudas	9:00am - 9:40am	\$25
14676	Sting Rays	8:15am - 8:55am	\$25
14677	Sting Rays	9:45am - 10:25am	\$25
14684	Sharks	9:00am - 9:40am	\$25
14691	Whales	8:15am - 8:55am	\$25

Blast Lessons: Session B

15 minutes private instruction based on the swim level you register your child for. See page 13 for class descriptions. All you need to do is pick a time spot and level. One child per time spot.

Days: Monday / Wednesday Evenings
 Date: 2/24/20 - 3/18/20
 Registration: \$70 before Thursday, 2/20/20

Code	Time	Time	Fee
14703	5:00pm - 5:15pm	Parent Choice	\$75
14704	5:20pm - 5:35pm	Parent Choice	\$75
14705	5:40pm - 5:55pm	Parent Choice	\$75
14706	6:00pm - 6:15pm	Parent Choice	\$75
14707	6:20pm - 6:35pm	Parent Choice	\$75
14708	6:40pm - 6:55pm	Parent Choice	\$75
14709	7:00pm - 7:15pm	Parent Choice	\$75
14710	7:20pm - 7:35pm	Parent Choice	\$75
14711	7:40pm - 7:55pm	Parent Choice	\$75

Blast Lessons: Session A

15 minutes private instruction based on the swim level you register your child for. See page 13 for class descriptions. All you need to do is pick a time spot and level. One child per time spot.

Days: Monday / Wednesday Evenings
 Date: 1/20/20 - 2/12/20
 Registration: \$70 before Thursday, 1/16/20

Code	Time	Level	Fee
14693	5:00pm - 5:15pm	Parent Choice	\$75
14694	5:20pm - 5:35pm	Parent Choice	\$75
14695	5:40pm - 5:55pm	Parent Choice	\$75
14696	6:00pm - 6:15pm	Parent Choice	\$75
14697	6:20pm - 6:35pm	Parent Choice	\$75
14698	6:40pm - 6:55pm	Parent Choice	\$75
14699	7:00pm - 7:15pm	Parent Choice	\$75
14700	7:20pm - 7:35pm	Parent Choice	\$75
14701	7:40pm - 7:55pm	Parent Choice	\$75

Blast Lessons: Session C

15 minutes private instruction based on the swim level you register your child for. See page 13 for class descriptions. All you need to do is pick a time spot and level. One child per time spot.

Days: Monday / Wednesday Evenings
 Date: 3/30/20 - 4/22/20
 Registration: \$70 before Thursday, 3/26/20

Code	Time	Time	Fee
14713	5:00pm - 5:15pm	Parent Choice	\$75
14714	5:20pm - 5:35pm	Parent Choice	\$75
14715	5:40pm - 5:55pm	Parent Choice	\$75
14716	6:00pm - 6:15pm	Parent Choice	\$75
14717	6:20pm - 6:35pm	Parent Choice	\$75
14718	6:40pm - 6:55pm	Parent Choice	\$75
14719	7:00pm - 7:15pm	Parent Choice	\$75
14720	7:20pm - 7:35pm	Parent Choice	\$75
14721	7:40pm - 7:55pm	Parent Choice	\$75

Private Swim Lessons

Private lessons are for those wanting one on one instruction. Private swim lessons are offered on an instructor available basis only. Each lesson is 30 minutes in length. Please contact the Aquatics Department to leave your name, phone number, and day/time preference.

Fee: \$20 / lesson

Semi-Private Swim Lessons

Semi private swim lessons are for two to three individuals per one instructor. Semi private swim lessons are offered on an instructor available basis only. Each lesson is 30 minutes in length. Please contact the Aquatics Department to leave your name, phone number, and day/time preference.

Fee: \$25 / lesson / group