

# AQUATICS

## Aqua Fitness

### Aqua Walk

Participants will enjoy a no-impact, low-gravity cardio walk utilizing the water current and a variety of water equipment for additional cardiovascular resistance.

**Location:** Pool, Windsor CRC  
**Ages:** 16+

Indefinitely	Tu, Th	9- 10 a.m.	Free with membership
--------------	--------	------------	----------------------

### Aqua Pump

Increase heart and lung activity using equipment such as noodles and dumbbells to increase resistance. Formats such as dancing and kickboxing are used to keep class interesting. All experience levels are welcome. Warm up starts at 10 a.m. and instruction begins at 10:15 a.m.

**Location:** Pool, Windsor CRC  
**Ages:** 16+

Indefinitely	M, F	10:15 - 11 a.m.	Free with membership
--------------	------	-----------------	----------------------

### Aqua Plunge NEW

Practice resistance walking, squats, lunges and other movements with and against vortex current, as well as cardio movements and upper body strength, utilizing aqua equipment. Classes will begin on Wednesday, Jan. 4.

**Location:** Pool, Windsor CRC  
**Ages:** 16+

Indefinitely	W	7 - 7:45 p.m.	Free with membership
--------------	---	---------------	----------------------

### Early Morning Aqua Aerobics NEW

Wake up to an energizing aqua workout by building cardiovascular fitness, strength and endurance. Need to give your knees and back a break from land-based cardio routines? This low-impact format is suitable for every fitness level and every age! Classes begin on Monday, Jan. 2.

**Location:** Pool, Windsor CRC  
**Ages:** 16+

Indefinitely	M, W	5:15 - 6:15 a.m.	Free with membership
--------------	------	------------------	----------------------

## School & Pool

### Baby & Me School & Pool

The first 30 minutes of class incorporates story time, movement, crafts and music, and introduces educational features in a classroom setting. Then we will transition to the pool for the last 30 minutes where an instructor will introduce parents and children to the water using songs and will teach basic body position to promote water comfort and safety.

Note: One child per adult is required at all times. Swim diapers or plastic pants must be used. Register children only. Parents are free!

**Location:** Pool, Windsor CRC  
**Ages:** 12- 24 months

**Registration Deadline:** One week prior

1/4 - 1/25	W	9- 10:15 a.m.	\$40	113503.01
2/1 - 2/22	W	9 - 10:15 a.m.	\$40	113503.02
3/1 - 3/22	W	9 - 10:15 a.m..	\$40	113503.03
4/5 - 4/26	W	9 - 10:15 a.m.	\$40	113503.04

### Toddler & Me School & Pool

The first 30 minutes of class incorporates story time, movement, crafts and music, and introduces educational features in a classroom setting. Then we will transition to the pool for the last 30 minutes where an instructor will introduce parents and children to the water using songs and will teach basic body position to promote water comfort and safety.

Note: One child per adult is required at all times. Swim diapers or plastic pants must be used. Register children only. Parents are free!

**Location:** Pool, Windsor CRC  
**Ages:** 2-4 years

**Registration Deadline:** One week prior

1/9 - 1/30	M	9 - 10:15 a.m.	\$40	113504.01
2/6 - 2/27	M	9 - 10:15 a.m.	\$40	113504.02
3/6 - 3/27	M	9 - 10:15 a.m.	\$40	113504.03
4/3 - 4/24	M	9 - 10:15 a.m.	\$40	113504.04

## Lifeguard Training

### Lifeguard Training

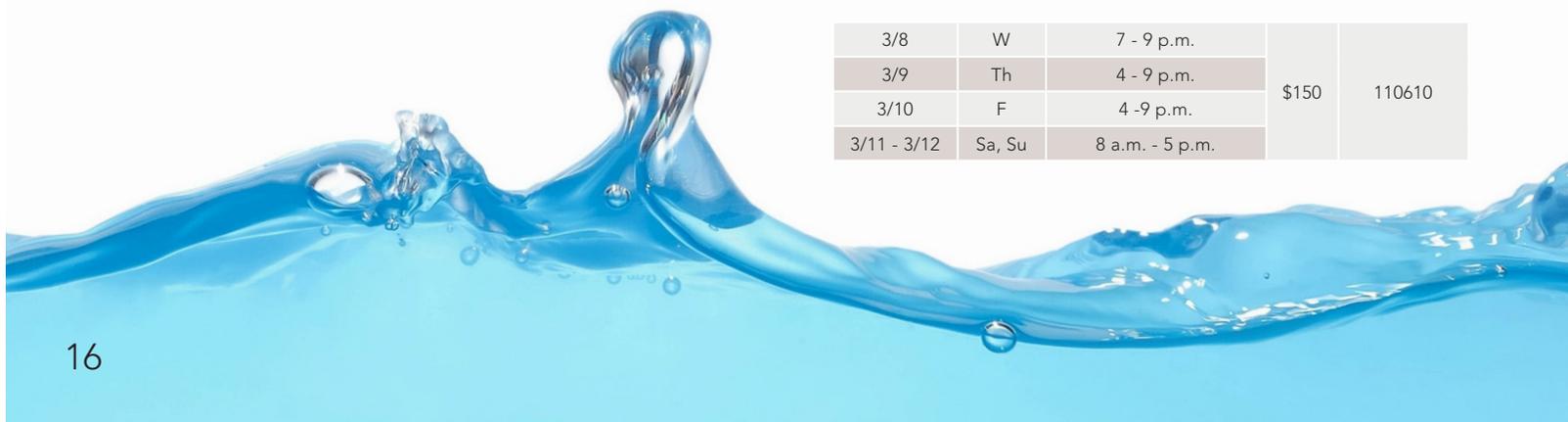
Learn how to become a lifeguard using a new blended learning process! This process allows individuals to complete interactive lessons and activities at home on their computer while in-class sessions provide reinforcement. Participants must attend all classes to be eligible for certification. In-home learning will begin before the first day of class.

**Location:** Pool, Windsor CRC and Windsor High School

**Ages:** 16+

**Registration Deadline:** February 15

3/8	W	7 - 9 p.m.	\$150	110610
3/9	Th	4 - 9 p.m.		
3/10	F	4 -9 p.m.		
3/11 - 3/12	Sa, Su	8 a.m. - 5 p.m.		



# AQUATICS

## Pool Schedules

### Lap Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Lap Swim (16+)	5 - 10 a.m.						
<b>Regular Hours</b>	5 a.m. - 8 p.m.	8 a.m. - 7 p.m.	Noon - 5 p.m.				

### Hot Tub

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adults Only (16+)	5 - 10 a.m.						
<b>Regular Hours</b>	5 a.m. - 8 p.m.	8 a.m. - 7 p.m.	Noon - 5 p.m.				

### Activity Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lazy River <i>Adults Only</i>	5 - 10 a.m.	5 - 10 a.m.	5 - 10 a.m.	5 - 10 a.m.	5 - 10 a.m.		
<b>Aqua Fitness</b>	Aqua Pump 10:15 - 11 a.m.	Aqua Walk 9 - 10 a.m.	Aqua Plunge 7 - 7:45 p.m. Starts Jan. 4	Aqua Walk 9 - 10 a.m.	Aqua Pump 10:15 - 11 a.m.		
Early Morning Aqua Aerobics <i>Starts Jan. 2</i>	5:15 - 6:15 a.m.		5:15 - 6:15 a.m.				
<b>Regular Hours</b>	5 a.m. - 8 p.m.	5 a.m. - 8 p.m.	5 a.m. - 8 p.m.	5 a.m. - 8 p.m.	5 a.m. - 8 p.m.	8 a.m. - 7 p.m.	Noon - 5 p.m.
Slide & Play Features	10 a.m. - 8 p.m.	10 a.m. - 8 p.m.	10 a.m. - 8 p.m.	10 a.m. - 8 p.m.	10 a.m. - 8 p.m.	8 a.m. - 7 p.m.	Noon - 5 p.m.

## Rent Chimney Park Pool

**Make a splash** at your next party and book it at the Chimney Park Pool! Private pool party rentals are available during the summer season on Friday, Saturday or Sunday from 6:30-8:30 p.m. Private parties can accommodate up to 300 people. Reservations for the 2017 summer season will begin April 3.

**\$175** 50 people or less  
**\$300** 51-100 people  
**\$400** 101-150 people  
**\$450** 151-300 people

**CALL 970-674-3500**



# AQUATICS

## Swim Team

### CARA Swim Team

This year-round opportunity provides an introduction to swimming that will teach lifelong skills of confidence and build friendships. CARA (Colorado Association of Recreational Athletics) focuses on recreational swimming. Participants must be able to swim 25 yards without stopping. Coaches will evaluate strokes. No practice on school holidays. Practices will be held Monday through Thursday with meets on Saturdays or Sundays. Other cancellations may occur due to Windsor High School events.

**Location:** Windsor High School

**Ages:** 8+

**Registration Deadline:** January 2

1/9 - 4/27	M, Tu, W, Th	7:15 - 8:15 p.m.	\$120	110410
------------	--------------	------------------	-------	--------

## Swim Lessons

### Group Swim Lessons

Registration will begin December 4! Visit [windsorgov.com/Aquatics](http://windsorgov.com/Aquatics) to see swim lesson descriptions. Lesson registration will be taken on a first-come, first-served basis. The deadline to register is the Friday before each session begins. Please visit [windsorgov.com/RecReg](http://windsorgov.com/RecReg) to get your household ID number ahead of time to make the online registration process as smooth as possible.

**Location:** Pool, Windsor CRC

**Ages:** 6 months+

**Registration Deadline:** Friday before session begins

## Swimming Lessons Under Age 6

### Baby & Me

Parents help introduce swimmers to the water using songs while learning how to work with their child safely, basic body position and holding techniques to promote water comfort. One child per adult is required. Swim diapers or plastic pants must be used.

**Ages:** 6 months - 3 years

**Registration Deadline:** Friday before session

1/9 - 2/1	M, W	5:45 - 6:15 p.m.	\$35	110110.01
1/10 - 2/2	Tu, Th	6:20 - 6:50 p.m.	\$35	110110.02
2/6 - 3/1	M, W	6:20 - 6:50 p.m.	\$35	110110.03
2/7 - 3/2	Tu, Th	5:45 - 6:15 p.m.	\$35	110110.04
4/3 - 4/26	M, W	5:45 - 6:15 p.m.	\$35	110110.05
4/4 - 4/27	Tu, Th	6:20 - 6:50 p.m.	\$35	110110.06

### Tadpole

This level is for swimmers who will put their face in the water, can perform supported front and back float without apprehension, and will explore the water freely without fear.

**Ages:** 3 - 6

**Registration Deadline:** Friday before session

1/9 - 2/1	M, W	5:45 - 6:15 p.m.	\$35	110130.01
1/10 - 2/2	Tu, Th	6:20 - 6:50 p.m.	\$35	110130.02
2/6 - 3/1	M, W	6:20 - 6:50 p.m.	\$35	110130.03
2/7 - 3/2	Tu, Th	5:45 - 6:15 p.m.	\$35	110130.04
4/3 - 4/26	M, W	5:45 - 6:15 p.m.	\$35	110130.05
4/4 - 4/27	Tu, Th	6:20 - 6:50 p.m.	\$35	110130.06

### Masters Swim Team

Looking to participate in your first triathlon but don't feel confident with the swim? Whether you are a beginner or experienced swimmer, Masters Swim Team can help you achieve your goals. Participants will learn drills and skills through challenging workouts in a fun and positive environment that will help improve your overall swim technique. All levels are welcome.

\*For insurance purposes, all Windsor Masters swimmers must provide proof of current registration with COMSA (Colorado Masters Swimming Association) within 30 days of their first swim: [usms.org/reg](http://usms.org/reg).

Please call 970-674-3527 for any questions.

**Location:** Windsor High School

**Ages:** 18+

**Registration Deadline:** One week prior

1/9 - 1/31	M, W, F	5 - 6 a.m.	\$35	110001.01
2/1 - 2/27*	M, W, F	5 - 6 a.m.	\$45	110001.02
3/1 - 3/24	M, W, F	5 - 6 a.m.	\$45	110001.03
4/5 - 4/28	M, W, F	5 - 6 a.m.	\$45	110001.04
5/1 - 5/26	M, W, F	5 - 6 a.m.	\$45	110001.05

\*No practice February 17

### Polliwog

This level is for the swimmer who is new to the water, will not put their face in the water, and can hold on to the side of the pool independently.

**Ages:** 3 - 6

**Registration Deadline:** Friday before session

1/9 - 2/1	M, W	6:20 - 6:50 p.m.	\$35	110120.01
1/10 - 2/2	Tu, Th	5:45 - 6:15 p.m.	\$35	110120.02
2/6 - 3/1	M, W	5:45 - 6:15 p.m.	\$35	110120.03
2/7 - 3/2	Tu, Th	6:20 - 6:50 p.m.	\$35	110120.04
4/3 - 4/26	M, W	6:20 - 6:50 p.m.	\$35	110120.05
4/4 - 4/27	Tu, Th	5:45 - 6:15 p.m.	\$35	110120.06

### Froggie

This level is for the swimmer who can front float with their face in the water without support, can back float for five seconds without support, and can submerge and pick up objects in shallow water.

**Ages:** 3 - 6

**Registration Deadline:** Friday before session

1/9 - 2/1	M, W	6:20 - 6:50 p.m.	\$35	110140.01
1/10 - 2/2	Tu, Th	5:45 - 6:15 p.m.	\$35	110140.02
2/6 - 3/1	M, W	5:45 - 6:15 p.m.	\$35	110140.03
2/7 - 3/2	Tu, Th	6:20 - 6:50 p.m.	\$35	110140.04
4/3 - 4/26	M, W	6:20 - 6:50 p.m.	\$35	110140.05
4/4 - 4/27	Tu, Th	5:45 - 6:15 p.m.	\$35	110140.06

# AQUATICS

## Swimming Lessons Ages 6+

### Level 1

This level is for swimmers who can roll from front to back without support, streamline front glide five feet without support, and jump into shallow water without support.

**Ages:** 6+

**Registration Deadline:** Friday before session

1/9 - 2/1	M, W	5:45 - 6:15 p.m.	\$35	110101.01
1/10 - 2/2	Tu, Th	6:20 - 6:50 p.m.	\$35	110101.02
2/6 - 3/1	M, W	6:20 - 6:50 p.m.	\$35	110101.03
2/7 - 3/2	Tu, Th	5:45 - 6:15 p.m.	\$35	110101.04
4/3 - 4/26	M, W	5:45 - 6:15 p.m.	\$35	110101.05
4/4 - 4/27	Tu, Th	6:20 - 6:50 p.m.	\$35	110101.06

### Level 2

This level is for swimmers who will put their face in the water, can perform a supported front and back float without apprehension, and will explore the water freely without fear.

**Ages:** 6+

**Registration Deadline:** Friday before session

1/9 - 2/1	M, W	6:20 - 6:50 p.m.	\$35	110102.01
1/10 - 2/2	Tu, Th	5:45 - 6:15 p.m.	\$35	110102.02
2/6 - 3/1	M, W	5:45 - 6:15 p.m.	\$35	110102.03
2/7 - 3/2	Tu, Th	6:20 - 6:50 p.m.	\$35	110102.04
4/3 - 4/26	M, W	6:20 - 6:50 p.m.	\$35	110102.05
4/4 - 4/27	Tu, Th	5:45 - 6:15 p.m.	\$35	110102.06

### Level 3

This level is for the swimmer who can perform a front and back float independently, can jump into deep and shallow water, can move to the side comfortably, and swim 10 yards of elementary back stroke.

**Ages:** 6+

**Registration Deadline:** Friday before session

1/9 - 2/1	M, W	5:45 - 6:15 p.m.	\$35	110103.01
1/10 - 2/2	Tu, Th	6:20 - 6:50 p.m.	\$35	110103.02
2/6 - 3/1	M, W	6:20 - 6:50 p.m.	\$35	110103.03
2/7 - 3/2	Tu, Th	5:45 - 6:15 p.m.	\$35	110103.04
4/3 - 4/26	M, W	5:45 - 6:15 p.m.	\$35	110103.05
4/4 - 4/27	Tu, Th	6:20 - 6:50 p.m.	\$35	110103.06

## Private Swim Lessons

Sign up for a private 30-minute lesson for one or two people (same level only). Times are limited to instructor availability and are not available during group lessons. Three to eight lessons may be purchased at a time. Once the lessons are complete, if you wish to purchase more, you will defer to the bottom of the wait list. If there is no wait list, you will be able to purchase more.

**Location:** Pool, Windsor CRC

**Ages:** All

**Cost:** \$20 for 1 person | \$25 for 2 people, same level only

### Level 4

This level is for swimmers who can swim 25 yards without stopping, can flutter kick without a kickboard for 25 yards, and are comfortable in deep water.

**Ages:** 6+

**Registration Deadline:** Friday before session

1/9 - 2/1	M, W	6:20 - 6:50 p.m.	\$35	110104.01
1/10 - 2/2	Tu, Th	5:45 - 6:15 p.m.	\$35	110104.02
2/6 - 3/1	M, W	5:45 - 6:15 p.m.	\$35	110104.03
2/7 - 3/2	Tu, Th	6:20 - 6:50 p.m.	\$35	110104.04
4/3 - 4/26	M, W	6:20 - 6:50 p.m.	\$35	110104.05
4/4 - 4/27	Tu, Th	5:45 - 6:15 p.m.	\$35	110104.06

### Level 5

This level is for those who can swim 50 yards of freestyle, can tread water continuously for at least one minute, and have been introduced to breaststroke and backstroke.

**Ages:** 6+

**Registration Deadline:** Friday before session

1/9 - 2/1	M, W	5:45 - 6:15 p.m.	\$35	110105.01
1/10 - 2/2	Tu, Th	6:20 - 6:50 p.m.	\$35	110105.02
2/6 - 3/1	M, W	6:20 - 6:50 p.m.	\$35	110105.03
2/7 - 3/2	Tu, Th	5:45 - 6:15 p.m.	\$35	110105.04
4/3 - 4/26	M, W	5:45 - 6:15 p.m.	\$35	110105.05
4/4 - 4/27	Tu, Th	6:20 - 6:50 p.m.	\$35	110105.06

### Level 6

This level is intended for those who can swim a minimum of two laps without stopping and are efficient in all competition strokes, including freestyle, backstroke and introductory butterfly stroke.

**Ages:** 6+

**Registration Deadline:** Friday before session

1/9 - 2/1	M, W	6:20 - 6:50 p.m.	\$35	110106.01
1/10 - 2/2	Tu, Th	5:45 - 6:15 p.m.	\$35	110106.02
2/6 - 3/1	M, W	5:45 - 6:15 p.m.	\$35	110106.03
2/7 - 3/2	Tu, Th	6:20 - 6:50 p.m.	\$35	110106.04
4/3 - 4/26	M, W	6:20 - 6:50 p.m.	\$35	110106.05
4/4 - 4/27	Tu, Th	5:45 - 6:15 p.m.	\$35	110106.06