

AQUATICS



Aqua Fitness

Aqua Plunge

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.

Location: Pool, Windsor CRC

Age: 16+

Times:

Mondays, 4:30 - 5:15 p.m.

Tuesdays, 9:50 - 10:35 a.m.

Thursdays, 9:50 - 10:35 a.m., 7 - 7:45 p.m.

Cost: Drop-in cost or free with membership

Aqua Pump

Increase heart and lung activity using equipment, such as noodles and dumbbells, to increase resistance. Formats like 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

Age: 16+

Times: Mondays and Fridays, 10:15 - 11 a.m.

Cost: Drop-in cost or free with membership

Aqua Walk

Participants will enjoy a low-impact, low-gravity cardio walk utilizing the water current and a variety of water equipment for additional cardiovascular resistance.

Location: Pool, Windsor CRC

Times: Tuesdays and Thursdays, 9 - 9:45 a.m.

Age: 16+

Cost: Drop-in cost or free with membership

Outdoor Aqua Aerobics

Start your day off with this high-energy water workout utilizing deep water and buoyancy devices. This routine is designed to improve cardiovascular fitness, muscular strength, and endurance.

Location: Chimney Park Pool

Times: Tuesdays and Thursdays, 11 - 11:45 a.m.*

Age: 16+

Cost: Drop-in cost or free with CRC membership and summer pass

**Ends August 31*

Outdoor Lap Swim

Enjoy an outside workout and get your swimming in! At least three lap lanes will be available daily.

Location: Chimney Park Pool

Time: Monday through Friday, 11 a.m. - Noon*

Age: 16+

Cost: Drop-in cost or free with CRC membership and summer pass

**Ends August 31*

Chimney Park Pool

Chimney Park Pool will be open through September 1. For the most up-to-date schedule please visit our website at windsorgov.com/chimneyparkpool.

Groups of 15+ can call at least one week prior to make a reservation and receive a discount rate for entry. Space is limited. Children 9 and under must be accompanied by a responsible guardian 16 years or older!

Daily Admission

Age	Price
5 & Under	\$2.25
6 - 17	\$3.25
18+	\$3.50
50+	\$3.25



Amenities

- Lap Lanes
- Water Slide
- Separate Kiddie Pool (0.5' - 1')
- Three Shelters (First-come, First-served)
- Four Round Picnic Tables with Umbrellas (First-come, First-served)
- Lounge Chairs (Upon Availability)
- Deck Chairs (Upon Availability)
- Restrooms
- Showers
- Concessions (Schedules Vary)
- Life jackets (Available Upon Request)

Chimney Park Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lap Swim 11 a.m. - Noon	Lap Swim 11 a.m. - Noon Aqua Aerobics 11 - 11:45 a.m.	Lap Swim 11 a.m. - Noon	Lap Swim 11 a.m. - Noon Aqua Aerobics 11 - 11:45 a.m.	Lap Swim 11 a.m. - Noon	
Open Swim 1 - 6 p.m.	Open Swim Noon - 6 p.m.	Open Swim Noon - 6 p.m.	Open Swim Noon - 6 p.m.	Open Swim Noon - 6 p.m.	Open Swim Noon - 6 p.m.	Open Swim 10 a.m. - 6 p.m.
	Twilight Swim 6:30 - 8:30 p.m. *6/4 - 8/30	Twilight Swim 6:30 - 8:30 p.m. *6/4 - 8/30	Twilight Swim 6:30 - 8:30 p.m. *6/4 - 8/30	Twilight Swim 6:30 - 8:30 p.m. *6/4 - 8/30		

AQUATICS

CRC Pool

CHILDREN 6 AND UNDER MUST BE ACCOMPANIED BY A PARENT WITHIN ARMS REACH AT ALL TIMES.

Lap Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Lap Swim (16+)	5 - 10 a.m.	5 - 10 a.m.	5 - 10 a.m.	5 - 10 a.m.	5 - 10 a.m.		
Regular Hours	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. - 6:30 p.m.	Noon - 5 p.m.

Hot Tub

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adults Only (16+)	5 - 10 a.m.	5 - 10 a.m.	5 - 10 a.m.	5 - 10 a.m.	5 - 10 a.m.		
Regular Hours	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. - 6:30 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.		
Aqua Fitness	Aqua Pump 10:15 - 11 a.m. Aqua Plunge 4:30 - 5:15 p.m.	Aqua Walk 9 - 9:45 a.m. Aqua Plunge 9:50 - 10:35 a.m.		Aqua Walk 9 - 9:45 a.m. Aqua Plunge 9:50 - 10:35 a.m. Aqua Plunge 7 - 7:45 p.m.	Aqua Pump 10:15 - 11 a.m.		
Regular Hours	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. - 6:30 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. - 6:30 p.m.	Noon - 5 p.m.

***Note:** The Activity Pool will be closed from 5:40 - 6:55 p.m. Monday through Thursday for swim lessons.





BROWN & GRAY

SATURDAY
SEPTEMBER 1, 2018

BOARDWALK PARK
WINDSOR, COLORADO

Lake Information



Non-Motorized Boating

All crafts outside of the swim beach must have a current Town of Windsor permit to use the lake. One permit per craft is required. After September 1, non-motorized crafts can be on the lake during daylight hours as long as ice is not present. Saturdays and Sundays will be shared days with motorized boats through September 16.

Dates:

May 26 – August 31
Monday, Tuesday, Thursday, Saturday, Sunday
September 1 - 16, Saturday / Sunday
Shared with motorized boaters

Time: Daylight hours

Cost:

All Day: \$5 residents
\$7 non-residents

Annual: \$35 residents
\$50 non-residents

Motorized Boating

Motorized permit holders can be scheduled on the lake on motorized days on a first-come, first-served basis. Daily and annual permit holders must call 970-674-3500 to request their time and day of the week to reserve a spot on the lake no earlier than Monday of that week. No jet skis allowed.

Dates:

May 26 – August 31
Wednesday, Friday, Saturday, Sunday
September 1 - 16, Saturday / Sunday Only

Time: 8 a.m. - 2 p.m. or 2 p.m. - 8 p.m.

Cost:

1/2 Day: \$15 residents
\$25 non-residents

Annual: \$450 residents only
Max 20 sold beginning May 7

How to Purchase a Boat Permit

Permits may be purchased at the Windsor CRC, 250 N. 11th Street. Please bring the following with you to the front desk of the Windsor CRC:

- Proof of residency in Windsor (Town of Windsor utility bill, property tax, or lease agreement)
- Driver's license
- Current boat registration (motorized and sailboats)
- Proof of insurance* (motorized)

Note: *Motorized watercraft must have liability coverage with minimum limits of \$300,000 for bodily injury and property damage. One permit per watercraft. Boats can be no longer than 21 feet. For Colorado Boating Statutes and Regulations, please call 303-791-1954 or visit www.parks.state.co.us.

Boat Rentals

Kayak, canoe, paddle board, and aqua trike rentals are available at Windsor Lake for \$5 for 30 minutes per boat. Hobie boards are \$10 for 30 minutes. CORCLs are available for rental for 6 - 15 year olds and at parents' discretion. Lifejackets are required for all participants and will be provided. Children 9 and under must be accompanied by a responsible guardian 16 years or older. Stand-up paddle boards can only have one person per board and you must be 12 or older to rent a board. Anyone 18 years and under must have their legal guardian sign a waiver before participating. Tickets are sold at the concession building.

M - W	5/28 - 8/29	11 a.m. - 5 p.m.	\$5 - 10
Th - Su	5/31 - 8/31	11 a.m. - 7 p.m.	\$5 - 10
Sa - Su	9/1 - 9/17	11 a.m. - 6 p.m.	\$5 - 10



Fishing Information

- Fishing is allowed on Windsor Lake year-round when ice is not present.
- Must have a valid fishing license.
- Windsor Lake is generally stocked with Yellow Perch, Fingerling, Bluegill, Channel Catfish, and Trout.

- Night fishing is allowed from the south end of the parking lot on Highway 257 north to the inlet bridge of the lake only.
- Each fisherman must have a line in the water that is being attended.

For information on rules and regulations or fishing licenses, call 1-800-244-5613 or visit

www.wildlife.state.co.us.



Swim Beach

Take time to enjoy a day at the beach! Swimming is permitted within areas designated by ropes and buoys only. Park rules and regulations apply.

- Swim AT YOUR OWN RISK!
- NO Lifeguard on Duty!
- Daylight hours only.
- All children 9 and under must be accompanied by a responsible guardian 16 years or older.

AQUATICS

Swim Lessons

Baby and Me Swim Lessons

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

Location: Activity Pool, Windsor CRC

Age: 0.5 - 3

Registration Deadline: One week prior

M, W	9/5 - 9/26	5:45 - 6:15 p.m.	\$31	#310110.01
Tu, Th	9/4 - 9/27	6:20 - 6:50 p.m.	\$35	#310110.02
M, W	10/1 - 10/24	6:20 - 6:50 p.m.	\$35	#310110.03
Tu, Th	10/2 - 10/25	5:45 - 6:15 p.m.	\$35	#310110.04
M, W	11/5 - 11/28	5:45 - 6:15 p.m.	\$35	#310110.05
Tu, Th	11/6 - 11/29	6:20 - 6:50 p.m.	\$31	#310110.06

Polliwog

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

Location: Activity Pool, Windsor CRC

Age: 3 - 6

Registration Deadline: One week prior

M, W	9/5 - 9/26	6:20 - 6:50 p.m.	\$31	#310120.01
Tu, Th	9/4 - 9/27	5:45 - 6:15 p.m.	\$35	#310120.02
M, W	10/1 - 10/24	5:45 - 6:15 p.m.	\$35	#310120.03
M, W	10/1 - 10/24	6:20 - 6:50 p.m.	\$35	#310120.04
Tu, Th	10/2 - 10/25	5:45 - 6:15 p.m.	\$35	#310120.05
Tu, Th	10/2 - 10/25	6:20 - 6:50 p.m.	\$31	#310120.06
M, W	11/5 - 11/28	6:20 - 6:50 p.m.	\$31	#310120.07
Tu, Th	11/6 - 11/29	5:45 - 6:15 p.m.	\$31	#310120.08

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.

Location: Activity Pool, Windsor CRC

Age: 3 - 6

Registration Deadline: One week prior

M, W	9/5 - 9/26	5:45 - 6:15 p.m.	\$31	#310130.01
M, W	9/5 - 9/26	6:20 - 6:50 p.m.	\$31	#310130.02
Tu, Th	9/4 - 9/27	5:45 - 6:15 p.m.	\$35	#310130.03
Tu, Th	9/4 - 9/27	6:20 - 6:50 p.m.	\$35	#310130.04
M, W	10/1 - 10/24	6:20 - 6:50 p.m.	\$35	#310130.05
Tu, Th	10/2 - 10/25	5:45 - 6:15 p.m.	\$31	#310130.06
M, W	11/5 - 11/28	5:45 - 6:15 p.m.	\$31	#310130.07
M, W	11/5 - 11/28	6:20 - 6:50 p.m.	\$31	#310130.08
Tu, Th	11/6 - 11/29	6:20 - 6:50 p.m.	\$31	#310130.09

Froggie

This level is for swimmers 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.

Location: Activity Pool, Windsor CRC

Age: 3 - 6

Registration Deadline: One week prior

M, W	9/5 - 9/26	6:20 - 6:50 p.m.	\$31	#310140.01
Tu, Th	9/4 - 9/27	5:45 - 6:15 p.m.	\$35	#310140.02
Tu, Th	9/4 - 9/27	6:20 - 6:50 p.m.	\$35	#310140.03
M, W	10/1 - 10/24	5:45 - 6:15 p.m.	\$35	#310140.04
Tu, Th	10/2 - 10/25	6:20 - 6:50 p.m.	\$35	#310140.05
Tu, Th	10/2 - 10/25	6:20 - 6:50 p.m.	\$35	#310140.06
M, W	11/5 - 11/28	6:20 - 6:50 p.m.	\$31	#310140.07
Tu, Th	11/6 - 11/29	5:45 - 6:15 p.m.	\$35	#310140.08
Tu, Th	11/6 - 11/29	6:20 - 6:50 p.m.	\$35	#310140.09



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.

Location: Activity Pool, Windsor CRC

Age: 6 - 12

Registration Deadline: One week prior

M, W	9/5 - 9/26	5:45 - 6:15 p.m.	\$31	#310101.01
Tu, Th	9/4 - 9/27	6:20 - 6:50 p.m.	\$35	#310101.02
M, W	10/1 - 10/24	6:20 - 6:50 p.m.	\$35	#310101.03
Tu, Th	10/2 - 10/25	5:45 - 6:15 p.m.	\$35	#310101.04
M, W	11/5 - 11/28	5:45 - 6:15 p.m.	\$35	#310101.05
Tu, Th	11/6 - 11/29	6:20 - 6:50 p.m.	\$31	#310101.06

Level 2

This level is for swimmers who can perform a front and back float, streamline on their front and back, and are able to do breaststroke legs.

Location: Activity Pool, Windsor CRC

Age: 6 - 12

Registration Deadline: One week prior

M, W	9/5 - 9/26	6:20 - 6:50 p.m.	\$31	#310102.01
Tu, Th	9/4 - 9/27	5:45 - 6:15 p.m.	\$35	#310102.02
M, W	10/1 - 10/24	5:45 - 6:15 p.m.	\$35	#310102.03
Tu, Th	10/2 - 10/25	6:20 - 6:50 p.m.	\$35	#310102.04
M, W	11/5 - 11/28	6:20 - 6:50 p.m.	\$35	#310102.05
Tu, Th	11/6 - 11/29	5:45 - 6:15 p.m.	\$31	#310102.06

Level 3

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

Location: Lap Pool, Windsor CRC

Age: 6 - 12

Registration Deadline: One week prior

M, W	9/5 - 9/26	5:45 - 6:15 p.m.	\$31	#310103.01
Tu, Th	9/4 - 9/27	6:20 - 6:50 p.m.	\$35	#310103.02
M, W	10/1 - 10/24	6:20 - 6:50 p.m.	\$35	#310103.03
Tu, Th	10/2 - 10/25	5:45 - 6:15 p.m.	\$35	#310103.04
M, W	11/5 - 11/28	5:45 - 6:15 p.m.	\$35	#310103.05
Tu, Th	11/6 - 11/29	6:20 - 6:50 p.m.	\$31	#310103.06

Level 4

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

Location: Lap Pool, Windsor CRC

Age: 6 - 12

Registration Deadline: One week prior

M, W	9/5 - 9/26	6:20 - 6:50 p.m.	\$31	#310104.01
Tu, Th	9/4 - 9/27	5:45 - 6:15 p.m.	\$35	#310104.02
M, W	10/1 - 10/24	5:45 - 6:15 p.m.	\$35	#310104.03
Tu, Th	10/2 - 10/25	6:20 - 6:50 p.m.	\$35	#310104.04
M, W	11/5 - 11/28	6:20 - 6:50 p.m.	\$35	#310104.05
Tu, Th	11/6 - 11/29	5:45 - 6:15 p.m.	\$31	#310104.06

AQUATICS

Swim Lessons

Level 5

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

Location: Lap Pool, Windsor CRC

Age: 6 - 12

Registration Deadline: One week prior

M, W	9/5 - 9/26	5:45 - 6:15 p.m.	\$31	#310105.01
M, W	11/5 - 11/28	5:45 - 6:15 p.m.	\$35	#310105.02

Level 6

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

Location: Lap Pool, Windsor CRC

Age: 6 - 12

Registration Deadline: One week prior

M, W	10/1 - 10/24	5:45 - 6:15 p.m.	\$35	#310106.01
Tu, Th	11/6 - 11/29	5:45 - 6:15 p.m.	\$31	#310106.02

Adult Swim Lessons

Become more comfortable in the water and learn the basic skills to achieve a minimum level of water competency. The focus of lessons will be on breath control, submerging, floating, and learning the front crawl and elementary backstroke.

Location: Activity Pool, Windsor CRC

Age: 16+

Registration Deadline: One week prior

Sa	9/8 - 9/29	8 - 9 a.m.	\$35	#310150.01
W	10/3 - 10/31	6 - 7 a.m.	\$35	#310150.02

Private Swim Lessons

Sign up for a private 30-minute lesson. All participants will be put on a list and will be contacted when an instructor is available to schedule times and dates. Payment will be due when you are contacted to begin lessons. To sign up, call the front desk at 970-674-3500.

Location: Pool, Windsor CRC

Ages: All, adults welcome too!

Cost:

\$25 / 1 person

\$30 / 2 people (same level only)

Swim Team

CARA Swim Team

This year-round opportunity provides an introduction to swimming that will teach life-long skills of confidence and build friendships. CARA stands for Colorado Association of Recreational Athletics and focuses on recreational swimming. Participants must be able to swim 25 yards without stopping. Coaches will evaluate strokes. Practices will be held Mondays and Wednesdays or Tuesdays and Thursdays, with meets on Saturdays or Sundays. There will be no practice on school holidays. Other cancellations may occur due to WHS events.

Location:

September — Chimney Park Pool

October - November — Pool, Windsor CRC

December — WHS Pool*

Age: 8+

Registration Deadline: One week prior

M, W	9/5 - 9/26	7 - 8 p.m.	\$21	#310410.03
Tu, Th	9/4 - 9/27	7 - 8 p.m.	\$24	#310410.04
M, W	10/1 - 10/29	7 - 8 p.m.	\$27	#310410.05
Tu, Th	10/2 - 10/30	7 - 8 p.m.	\$27	#310410.06
M, W	11/5 - 11/28	7 - 8 p.m.	\$24	#310410.07
Tu, Th	11/6 - 11/29	7 - 8 p.m.	\$21	#310410.08
M - Th	12/3 - 12/20	7:15- 8:15 p.m.	\$36	#310410.09

*Pending construction completion

Masters Swim Team

Whether you are training for your first triathlon or Ironman, wanting a whole-body workout that is easy on your joints, need to cross train, never learned how to swim, or need to get motivated to get in the pool, this program will do it all. Participants will learn drills, skills, and workouts to improve their overall swim technique, which will help improve efficiency and speed. 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. Visit usms.org/reg for more information.

Location:

September - November — Pool, Windsor CRC
December — WHS Pool*

Age: 16+

Registration Deadline: One week prior

M, W, F	9/5 - 9/28	5 - 6 a.m.	\$40	#310001.01
M, W, F	10/1 - 10/31	5 - 6 a.m.	\$45	#310001.02
M, W, F	11/2 - 11/30	5 - 6 a.m.	\$40	#310001.03
M, W, F	12/3 - 12/21	5 - 6 a.m.	\$35	#310001.04

*Pending construction completion

Special Event

Dive-in Movie — 'Flipper'

Friday, Nov. 16

7 - 9 p.m.

Join us for the movie "Flipper" in the CRC Pool! Limited space available; first come, first served. All ages welcome; children under 6 must be within arms reach of an adult.

Location: Pool, Windsor CRC

Age: All

Cost: \$4 / person

Training

Lifeguard Training

Learn how to become a lifeguard using a new blended learning process. This process will allow each individual to complete interactive lessons and activities at home on their computer at their own pace. In-class sessions will allow students to build skills and reinforce learning. Participants must attend all classes to be eligible for certification. Please meet at the Windsor Community Recreation Center.

Location: Pool, Windsor CRC / WHS Pool

Times:

Thursday, 4 - 8 p.m.

Friday, 4 - 8 p.m.

Saturday and Sunday, 8 a.m. - 5 p.m.

Age: 15+

Registration Deadline: One week prior

Th - Su	11/15 - 11/18	5 - 9 p.m.	\$150	#310610.01
----------------	---------------	------------	-------	------------

