

# AQUATICS SWIM LESSONS

**Note:** Class minimums must be met or classes will be cancelled. (Please be sure to look for the American Red Cross curriculum on page 21.)



## GENERAL SWIM LESSON INFORMATION

Registration for all swimming lessons will be on a first come, first served basis at the Greeley Recreation Center Front Desk at 651 10th Ave., Family FunPlex Front Desk at 1501 65th Ave. or online.

### Parents/Guardians

You may register children in your immediate family and no more than one additional family for any program.

**Fee Parent-Tot to Level 6** (30-minute lessons)  
\$28 resident, \$38 non-resident  
\$14 resident, \$24 non-resident (Saturday sessions)



## LOOKING FOR FALL WORK?

### Fall Positions Available:

- Pool Manager
- Assistant Pool Manager
- Lifeguard
- Water Safety Instructor

For more information, call the Rec Supervisor at 336.4217

## LEARN TO SWIM PROGRAM

Class	Age	Min	Max
Parent-Tot	6 mo-3 yrs	3	12
Preschool	3-5 yrs	3	6
Level 1 & Level 2	5+	3	6
Level 3 & Level 4	5+	3	8
Level 5 to Level 6 (A-C*)	5+	3	10

\*For Level 6D, "Fundamentals of Diving." participants must be at least 6 yrs old and meet other requirements as specified in the Diving section.

After the Thursday, 10 pm deadline, registration will be closed. If there are any spaces available, registrations may be accepted with approval of the staff. Any refunds must be handled by the Greeley Recreation Center or FunPlex front desk staff. Lessons are Mon/Wed, Tues/Thurs or Saturday. Online Registration is available for all swim lessons, please call 350.9400 or 350.9401 to obtain your ID & PIN at least 24 hours in advance.

## PRIVATE SWIM LESSONS PROGRAM

Register for your private swim lesson package and your information will be given to an instructor to coordinate your swim lesson schedule. **Cancellation Policy:** Parents must cancel classes 1 day prior to their scheduled lesson. If a parent does not show up without cancelling they will forfeit the class. Age 3+.

Min-1, Max-12. Time-Schedule with an instructor  
[Greeley Rec Center](#) or [Family FunPlex](#)

SESSION	DAY	CODE #
Dec	Mon-Sun	44187
Jan	Mon-Sun	44188
Feb	Mon-Sun	44189

**Registration Deadline** Dec 1, Dec 29, Jan 26

**Fee** \$50 resident, \$60 non-resident (four 30 min. sessions) \$100 resident, \$110 non-resident (eight 30 min. sessions)

## LIFEGUARD TRAINING

This Red Cross certification class prepares students in all aspects of lifeguard duties, including safety management, proper use of rescue equipment and various rescue techniques. Age 15+. Min-6, Max-20.

[Greeley Recreation Center](#)

SESSION	DAY	TIME	CODE #
Dec 26-30	M-F	9am-5pm	43045

**Registration Deadline** Dec 24

**Fee** \$190 resident, \$200 non-resident

*Fee includes meeting room, pool time, admission fees, instructor fees, required Red Cross texts, CPR pocket mask, video and equipment rental and Red Cross administration fees. \*Please bring a photo ID or birth certificate to the first day of class. One piece suit required.*

# Greeley Recreation Center MORNING SWIM LESSONS

**Registration Deadline** Jan 12, Feb 16

**Session I** Jan 17-Feb 9

**Session II** Feb 21-Mar 15

Tuesday & Thursday

SESSION	TIME	SESS I	SESS II
Parent/Tot	9-9:30am	44191	44192
Preschool	9:30-10am	44193	44194

# EVENING SWIM LESSONS

**Registration Deadline** Jan 12, Feb 16

**Session I** Jan 16-Feb 8

**Session II** Feb 20-Mar 14

Monday & Wednesday

SESSION	TIME	SESS I	SESS II
Parent/Tot	5:30-6pm	44195	44196
Preschool	5:30-6pm	44197	44198
Level 1	5:30-6pm	44199	44200
Level 2	5:30-6pm	44201	44202
Level 5	5:30-6pm	44203	44204
Preschool	6-6:30pm	44205	44206
Level 1	6-6:30pm	44207	44208
Level 2	6-6:30pm	44209	44210
Level 3	6-6:30pm	44211	44212
Level 6A	6-6:30pm	44213	44214

**Session I** Jan 17-Feb 9

**Session II** Feb 21-Mar 15

Tuesday & Thursday

SESSION	TIME	SESS I	SESS II
Preschool	5:30-6pm	44215	44216
Level 1	5:30-6pm	44217	44218
Level 2	5:30-6pm	44219	44220
Level 3	5:30-6pm	44221	44222
Level 6A	5:30-6pm	44223	44224
Parent/Tot	6-6:30pm	44225	44226
Preschool	6-6:30pm	44227	44228
Level 4	6-6:30pm	44229	44230
Level 5	6-6:30pm	44231	44232
Adult/Teen	6-6:30pm	44233	44234



# AQUATICS



## RED CROSS SWIM PROGRESSION

**Parent-Tot** Water entry and exit, cue words, floating on front and back, arm movement.

**Preschool** Getting face wet, blowing bubbles, bobbing, assisted floating on front and back, introduce flutter kick and crawl stroke arms and safety skills.

**Level 1** Submerge entire body under water, roll front to back and back to front, demonstrate arm and leg movement for 5 ft. on front and back and safety skills.

**Level 2** Bob 5 times going under water, open eyes and pick up submerged object, combined arm and leg movement for 15 ft. on front and back, swim on side, front and back glide and safety skills.

**Level 3** Jump into deep water, head first water entry, perform rotary breathing, tread water 30 seconds in deep water, front and back crawl 15 yards, butterfly kick and body motion 15 yards and safety skills.

**Level 4** Back float 1 min., feet first surface dive, front and back crawl 25 yards, butterfly, elementary backstroke and breaststroke 15 yards, swim on side using scissors kick and safety skills.

**Level 5** Shallow dive glide 2 body lengths and begin any stroke, back float and survival float 2 minutes, front and back crawl 50 yards butterfly, elementary backstroke sidestroke and breaststroke 25 yards and safety skills.

**Level 6-A** (Personal Water Safety) Front and back crawl 100 yards, elementary backstroke, butterfly, sidestroke and breaststroke 50 yards, survival and back float 5 minutes, survival swimming 10 minutes, various surface dives.

**Level 6-C** (Recreational Swim Team) Front and back crawl 100 yards, elementary backstroke, butterfly, sidestroke, and breaststroke 50 yards, use fins, pull-buoys, pace clock and paddles while swimming, use target heart rates, apply principles of water exercise.

**Level 6-D** (Recreational Dive Club) Front and back crawl 100 yards, elementary backstroke, butterfly, sidestroke and breaststroke 50 yards, begin performing various dives from the 1 meter (low board).

# AQUATICS Family FunPlex

## MORNING SWIM LESSONS

**Registration Deadline** Jan 12, Feb 16

**Session I** Jan 16-Feb 8 **Session II** Feb 20-Mar 14

Monday & Wednesday

SESSION	TIME	SESS I	SESS II
Parent/Tot	9-9:30am	44235	44236
Preschool	9:30-10am	44237	44238

**Session I** Jan 21-Feb 11 **Session II** Feb 25-Mar 17

Saturday

SESSION	TIME	SESS I	SESS II
Parent/Tot	9-9:30am	44239	44240
Level 1	9-9:30am	44241	44242
Level 4	9-9:30am	44243	44244
Preschool	9:30-10am	44245	44246
Level 2	9:30-10am	44247	44248
Level 3	9:30-10am	44249	44250

## EVENING SWIM LESSONS

**Registration Deadline** Jan 12, Feb 16

**Session I** Jan 16-Feb 8 **Session II** Feb 20-Mar 14

Monday & Wednesday

SESSION	TIME	SESS I	SESS II
Preschool	6-6:30pm	44251	44252
Level 1	6-6:30pm	44253	44254
Level 2	6-6:30pm	44255	44256
Level 5	6-6:30pm	44257	44258
Adult/Teen	6-6:30pm	44259	44260
Parent/Tot	6:30-7pm	44261	44262
Preschool	6:30-7pm	44263	44264
Level 3	6:30-7pm	44265	44266
Level 4	6:30-7pm	44267	44268
Preschool	7:15-7:45pm	44269	44270
Level 1	7:15-7:45pm	44271	44272
Level 2	7:15-7:45pm	44273	44274
Level 3	7:15-7:45pm	44275	44276
Level 6A	7:15-7:45pm	44277	44278

**Session I** Jan 17-Feb 9 **Session II** Feb 21-Mar 15

Tuesday & Thursday

SESSION	TIME	SESS I	SESS II
Parent/Tot	6-6:30pm	44279	44280
Level 1	6-6:30pm	44281	44282
Level 3	6-6:30pm	44283	44284
Level 6A	6-6:30pm	44285	44286
Preschool	6:30-7pm	44287	44288
Level 1	6:30-7pm	44289	44290
Level 2	6:30-7pm	44291	44292
Level 5	6:30-7pm	44293	44294
Preschool	7:15-7:45pm	44295	44296
Level 1	7:15-7:45pm	44297	44298
Level 2	7:15-7:45pm	44299	44300
Level 3	7:15-7:45pm	44301	44302

Now with programs in Loveland and Greeley!

# Winter Swimming



Spend your year swimming, making friends and having a wet and wild time.  
Join the Greeley-Loveland Swim Club!



We provide year-round learn-to-swim and competitive programs in Loveland and Greeley.

lovelandswimclub.com  
970.203.1374



## DISCOVER SCUBA DIVING (DSD) CONTRACTED

Sample scuba with a licensed diving professional. Your one and a half hours of instruction will orient you to all the equipment and the unforgettable underwater experience of shallow diving and progressing into deeper water maneuvers. If you enjoy this class and desire to advance further to full certification, this program will be credited toward your training.

Age 10+. Min-1, Max-10.

Greeley Recreation Center, Room 201 and Pool

SESSION	DAY	TIME	CODE #
Dec 10	Sat	9:30-11am	44303
Jan 14	Sat	9:30-11am	44304
Feb 11	Sat	9:30-11am	44305

**Registration Deadline** Wednesday prior  
**Fee** \$30 resident, \$40 non-resident

## GREELEY RECREATIONAL SWIM CLUB

### LEVEL-6C

The curriculum for this class is to introduce students to the world of competitive swimming. Students will learn the four basic strokes: freestyle, breaststroke, backstroke and butterfly. Participants must be able to swim one length of the pool using a competitive stroke. Age 6-16 yrs. Min-6, Max-40.

Greeley Recreation Center

SESSION	DAY	TIME	CODE #
Jan 17-Feb 8	T/W	5:30-6:15pm	44306
Feb 21-Mar 14	T/W	5:30-6:15pm	44307

**Registration Deadline** Jan 12, Feb 16

**Fee** \$35 resident, \$45 non-resident

*Loveland/Greeley Swim Club offers year round swimming for kids of all ages and abilities. The program is offered at the Greeley Recreation Center throughout the year. Quality instruction and a fun experience is our motto.*

[www.lovelandswimclub.com](http://www.lovelandswimclub.com)

## GREELEY RECREATIONAL DIVE CLUB

### LEVEL-6D

Whether you're working on your front 1-1/2 with two twists, or learning a front dive, great coaching from the Greeley Recreation Center Aquatics Staff will help you improve your diving performance. Must be able to swim one length of 25 yard pool. Age 6-15 yrs. Min-4, Max-10.

Greeley Recreation Center

SESSION	DAY	TIME	CODE #
Jan 17-Feb 9	T/Th	5:30-6:15pm	44308
Feb 20-Mar 14	M/W	5:30-6:15pm	44309

**Registration Deadline** Jan 12, Feb 16

**Fee** \$30 resident, \$40 non-resident

## TAKE A SWIM BREAK!

Come swim at the Family FunPlex (FFP) or the Greeley Recreation Center (GRC) during School District 6 Vacation Days!



**December 22**

FFP • 1-5pm

GRC • 1-3pm

**December 23 & 26-30**

GRC & FFP

1-5pm

**January 2-6 & 16**

GRC & FFP

1-5pm

**February 3, 20 & 21**

FFP • 1-5pm

GRC • 1-3pm

**Pool Closures**

*\*Due to staffing considerations, daycare providers, centers or large groups must reserve spots for daytime hours or for evenings and weekend by calling*

336.4218

*Greeley's #1 Swim and Beachwear Store*

Beach  
Competitive  
Fitness  
Life Guard  
Suits



# 40% OFF

Any Retail Purchase From Bikini Atoll/Trunk Lagoon  
Hours: Open Fridays and Saturdays



970-515-6019

[www.BATLwear.com](http://www.BATLwear.com)