

## GENERAL SWIM LESSON INFORMATION

Registration for all swimming lessons will be on a first come, first-served basis at the Greeley Recreation Center at 651 10th Ave., Family FunPlex at 1501 65th Ave. or online. **Parents/Guardians** You may register children in your immediate family and no more than one from an additional family for any program.

### LEARN TO SWIM PROGRAM

Class	Age	Min	Max
Parent-Tot	6 mo-3 yr	3	12
Preschool	3-5	3	6
Level 1 & Level 2	5+	3	6
Level 3, Level 4 & Level 5	5+	3	8

**Registration will be closed after deadline Thursday, Sep 8 & Oct 6 at 10pm. If there are any spaces available, registrations may be accepted with staff approval. Any refund requests must be handled by the Greeley Recreation Center or FunPlex front desk staff. Online registration is available for all swim lessons at MyGreeleyRec.com; there is no service charge.** For a complete list of all swim lesson levels, locations, times, pool rules and a Swim Progression Chart, please visit our website at [GreeleyRec.com](http://GreeleyRec.com).

**FunPlex swim lessons are located on page 14 and Greeley Rec Center swim lessons are located on page 28**

## SWIM LESSON 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 arm movements 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 sec. in deep water, front and back crawl 15 yds., butterfly kick and body motion 15 yds. and safety skills.

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

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

Now with programs in Loveland and Greeley!

# Swim Team Is Fun



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](http://lovelandswimclub.com)  
970.203.1374

# TAKE A SWIM BREAK!



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

**Nov 23**  
FFP • 1-5pm  
GRC • 1-3pm

**Nov 25**  
FFP • 1-5pm

**Dec 21-23, 26-30**  
FFP • 1-5pm  
GRC • 1-3pm

**Jan 2 & 16**  
FFP • 1-5pm  
GRC • 1-3pm

**Feb 6 & 20**  
FFP • 1-5pm  
GRC • 1-3pm

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

## 336-4265



**SWIM LESSONS**

**Registration Deadline** Dec 29, Jan 26  
**Fee** \$32 resident/\$42 non-resident

**Swim Levels  
on page 45**

**LEVEL 2**

Age 5-15. Min-3, Max-6.

DATES	DAY	TIME	CODE #
Jan 2-25	Mon,Wed	6-6:30pm	101100-02
Jan 30-Feb 22	Mon,Wed	6-6:30pm	101100-03

**LEVEL 3**

Age 5-15. Min-3, Max-8.

DATES	DAY	TIME	CODE #
Jan 2-25	Mon,Wed	5:30-6pm	101101-02
Jan 30-Feb 22	Mon,Wed	5:30-6pm	101101-03

**LEVEL 4**

Age 5-15. Min-3, Max-8.

DATES	DAY	TIME	CODE #
Jan 2-25	Mon,Wed	5:30-6pm	101102-02
Jan 30-Feb 22	Mon,Wed	5:30-6pm	101102-03

**LEVEL 5**

Age 5-15. Min-3, Max-8.

DATES	DAY	TIME	CODE #
Jan 2-25	Mon,Wed	6-6:30pm	101108-02
Jan 30-Feb 22	Mon,Wed	6-6:30pm	101108-03

**LIFEGUARD TRAINING**

This winter you can play at the pool and work there, too! This nationally recognized Red Cross certification course uses hands-on training to prepare students to become professional rescuers. Become a lifeguard today! Prerequisite: 300-yd swim, tread water for 2 min & complete a timed event. Age 15+. Min-6, Max-20.

DATES	DAY	TIME	CODE #
Dec 26-30	Mon-Fri	9am-5pm	401107-00

**Registration Deadline** Dec 23  
**Fee** \$195 resident/\$205 non-resident



**GREELEY RECREATIONAL SWIM CLUB**

The curriculum for this class is designed 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. Loveland/Greeley Swim Club offers year round swimming for kids of all ages and abilities. Offered at the Greeley Recreation Center throughout the year. Prerequisite: Participants must have completed Level 4 swim lessons. [www.lovelandswimclub.com](http://www.lovelandswimclub.com). Min-6, Max-40.

	DAY	TIME	CODE #
Nov 8-Dec 8	Tue,Thu	5:30-6:15pm	101104-01
Jan 10-Feb 2	Tue,Thu	5:30-6:15pm	101104-02
Feb 7-Mar 2	Tue,Thu	5:30-6:15pm	101104-03

**Registration Deadline** Nov 3, Jan 6, Feb 2  
**Fee** \$35 resident/\$45 non-resident

**MASTERS SWIMMING**

This class is a great way to become more comfortable, efficient, and faster in the water by working out in a group setting with other lap swimmers and cross-trainers, building stamina through interval training and receiving instruction to improve stroke technique.

Age 16+. Min-6, Max-20.

DATES	DAY	TIME	CODE #
Dec 12-21*	Mon,Wed	6-7am	101106-01
Jan 2-Feb 1	Mon,Wed	6-7am	101106-02
Feb 6-Mar 8	Mon,Wed	6-7am	101106-03

**Registration Deadline** Dec 8, Dec 29, Feb 2  
**Fee** \$30 resident/\$40 non-resident  
 \*pro-rated \$12 resident/\$22 non-resident

**GRC FITNESS PERSONAL TRAINING**

Our personal trainers work with members and guests of all ages and fitness levels to develop a fitness and/or nutrition plan to fit your personal goals. Call 350-9422 for details.

**Amanda Lalonde**

*Exercise Science, BS  
 Certified Personal Trainer (ACE)  
 Certified Group Fitness Instructor (ACE)  
 Certified Turbo Kickbox Instructor  
 Certified 3D Extreme Bosu Instructor  
 TRX Certified, 970-590-1932*

**Bienaimé Louis**

*Certified Personal Trainer  
 American Aerobic Association  
 International Sports Medicine Association  
 Tai Chi Specialist  
 Philosophy - Filipino Martial Arts 305-812-4044*

**WEIGHT ROOM ORIENTATION**

Schedule a one-time session with one of our staff members to become familiar with our equipment and learn about proper lifting techniques. Age 16+. Member orientations are Free, \$7 non-member. For more information, call 350-9400.



## ADVENTURE ISLAND INDOOR WATERPARK

### Pool Hours

*Each child 5 and under must be accompanied in the pool by a paying adult. Swimsuits required for all participants.*

### Open Swim (All pools and water slides open)

**Mon/Wed** 3:30-8pm

**Tues/Thur** 3:30-5pm

**Fri** 3:30-9pm FUNdraiser rates may apply after 6pm

**Sat** 11am-7pm

**Sun** 11:30am-6pm

**"Little Swimmers"** (Zero Depth and Lazy River, features turned on by request, no slides)

**Mon-Fri** 10am-3:30pm

### Lap Swim (16+)

Lap Pool  
**Mon-Fri** 6-9am, 10am-3:15pm (4 lanes)

**Mon-Thu** 6-8pm (2 lanes)

**Sat** 8-11am (4 lanes)

Limited lap lane space 7-8am and 5:30-6:30pm. One to three lanes available during prime time hours based on program/class schedule. Share lanes (circle swim) during prime time hours.

### Adult Water Walking (16+) Lazy River

**M-F** 6-9am

**Sat** 8-11am

**Sun** Closed

### Steam Room

**Mon-Thu** 6am-8pm

**Fri** 6am-5pm

**Sat** 8am-12pm

**Sun** Closed

## SWIM LESSONS

**Registration Deadline** Dec 29, Jan 26

**Fee** \$32 resident/\$42 non-resident (2-day), \$16 resident/\$26 non-resident (1-day)

### PARENT/TOT

Age 0.5-3.5. Min-3, Max-12.

DATES	DAY	TIME	CODE #
Jan 3-26	Tue,Thu	9-9:30am	101204-02
Jan 31-Feb 23	Tue,Thu	9-9:30am	101204-03
Jan 7-28	Sat	9-9:30am	101204-05
Feb 4-25	Sat	9-9:30am	101204-06
Jan 3-26	Tue,Thu	5:30-6pm	101204-08
Jan 31-Feb 23	Tue,Thu	5:30-6pm	101204-09
Jan 3-26	Tue,Thu	6:45-7:15pm	101204-11
Jan 31-Feb 23	Tue,Thu	6:45-7:15pm	101204-12

### LEVEL 1

Age 5-15. Min-3, Max-6.

DATES	DAY	TIME	CODE #
Jan 3-26	Tue,Thu	6-6:30pm	101200-02
Jan 31-Feb 23	Tue,Thu	6-6:30pm	101200-03
Jan 3-26	Tue,Thu	6:45-7:15pm	101200-05
Jan 31-Feb 23	Tue,Thu	6:45-7:15pm	101200-06
Jan 7-28	Sat	9-9:30am	101200-08
Feb 4-25	Sat	9-9:30am	101200-09

### PRESCHOOL

Age 3-5. Min-3, Max-6.

DATES	DAY	TIME	CODE #
Jan 3-26	Tue,Thu	9:30-10am	101205-02
Jan 31-Feb 23	Tue,Thu	9:30-10am	101205-03
Jan 7-28	Sat	9:30-10am	101205-05
Feb 4-25	Sat	9:30-10am	101205-06
Jan 3-26	Tue,Thu	5:30-6pm	101205-08
Jan 31-Feb 23	Tue,Thu	5:30-6pm	101205-09
Jan 3-26	Tue,Thu	6-6:30pm	101205-11
Jan 31-Feb 23	Tue,Thu	6-6:30pm	101205-12

### LEVEL 2

Age 5-15. Min-3, Max-6.

DATES	DAY	TIME	CODE #
Jan 3-26	Tue,Thu	6-6:30pm	101201-02
Jan 31-Feb 23	Tue,Thu	6-6:30pm	101201-03
Jan 3-26	Tue,Thu	7:15-7:45pm	101201-05
Jan 31-Feb 23	Tue,Thu	7:15-7:45pm	101201-06
Jan 7-28	Sat	9:30-10am	101201-08
Feb 4-25	Sat	9:30-10am	101201-09

SWIM LEVELS ON PAGE 45

**SWIM LESSONS CONTINUED**

**LEVEL 3**

Age 5-15. Min-3, Max-8.

DATES	DAY	TIME	CODE #
Jan 3-26	Tue,Thu	6:45-7:15pm	101202-02
Jan 31-Feb 23	Tue,Thu	6:45-7:15pm	101202-03
Jan 3-26	Tue,Thu	7:15-7:45pm	101202-05
Jan 31-Feb 23	Tue,Thu	7:15-7:45pm	101202-06
Jan 7-28	Sat	9:30-10am	101202-08
Feb 4-25	Sat	9:30-10am	101202-09

**LEVEL 4**

Age 5-15. Min-3, Max-8.

DATES	DAY	TIME	CODE #
Jan 7-28	Sat	9-9:30am	101203-02
Feb 4-25	Sat	9-9:30am	101203-03
Jan 3-26	Tue,Thu	7:15-7:45pm	101203-05
Jan 31-Feb 23	Tue,Thu	7:15-7:45pm	101203-06

**PRIVATE SWIM LESSONS PROGRAM**

Please contact the Recreation Supervisor at 970-350-9411 for lesson details and scheduling. Pay for lesson package before your first scheduled lesson and present receipt to instructor. Swim lessons may include adult, youth, and special needs swim and dive instruction.

**Cancellation Policy:** Parents/participant must cancel classes 1 day prior to their scheduled lesson. No shows will forfeit the class. Age 3+.

Greeley Recreation Center or Family FunPlex

SESSION	DAY
Dec-Mar	Mon-Sun

**Fee** \$80 resident, \$90 non-resident (four 30-min sessions)  
\$160 resident, \$170 non-resident (eight 30-min sessions)

**YOUTH FITNESS & FUNDAMENTALS**

Orientation is designed to teach youth about proper form on weight and cardio equipment, basic lifting guidelines and lap swim etiquette. This certifies youth age 12-13 to use the weight room with a parent/guardian. Highly recommended for ages 14-17.

**Cancellation Policy:** Parents must cancel 1 day prior to their scheduled session. Please call Dean Campos at 371-3757 to arrange. No shows will forfeit the class. Age 12-17. Min-1, Max-8.

**WEIGHT ROOM 101**

Schedule a one-time session with a staff member to become familiar with our equipment and learn proper lifting techniques. Age 16+. Member orientations are free, \$7 non-member. For more information, call the Family FunPlex at 350-9401.



**FFP FITNESS PERSONAL TRAINING**

Personal Trainers work with members and guests of all ages and fitness levels. Our trainers will develop a fitness and/ or nutrition plan to fit your personal goals. For more information, please call the Family FunPlex at 350-9401.

**Evon Schones**

*Certified Personal Trainer  
Exercise Science, BS  
ACE Certified Nutrition Specialist (AASDN)  
Functional Training Specialist  
Tai Chi for Better Balance Instructor  
303-579-4308*

**Lisa Hergenreter**

*Certified Personal Trainer  
American Sports & Fitness Association  
Melt Method  
Crossfit Trainer Level 1  
Crossfit Kids Level 1  
Holistic Wellness Practitioner  
Aqua Aerobics Instructor (AFPAI)  
970-616-9777*

**W.I.N. (WELLNESS INVESTMENT NUTRITION)**

**CONTRACTED** Lisa Hergenreter

W.I.N. is a health and wellness program designed to help you learn how to love living a life of optimal health with endless potential. Learn to shop for, prepare and eat the foods that fuel your body for optimal health and boost your metabolism. Improve your immune system for longevity, energy & performance. Call Lisa at 970-616-9777 for appointments and pricing. Age 16+. Min-5, Max-24.

DATES	DAY	TIME	CODE #
Feb 9-Mar 9	Thu	6-7:30pm	105224-01

**Registration Deadline** Feb 2

**Fee** \$65

**WILLPOWER METHOD®**

Gayle Keen

WillPower & Grace® is the full-body, barefoot conditioning program that athletes need and the high energy cardiovascular solution that mind-body practitioners recommend. The benefits of cardio-sculpt, the intensity of boot-camp, the self-awareness of a yoga practice, the discipline of Pilates and the uplifting philosophy of a meditation session. Age 16+. Min-5, Max-15.

DATES	DAY	TIME	CODE #
Jan 2-30	Mon	6-7pm	105219-01
Feb 6-Mar 6	Mon	6-7pm	105219-02

**Registration Deadline** Dec 29, Feb 2

**Fee** \$15 resident/\$25 non-resident