



Northglenn Recreation Center Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
POOL CLOSED	Lap Swim 5:30-8:15am	Fusion Swim Club 5-6:30am 2 Lanes Lap Swim 5:30-8:15am	Lap Swim 5:30-8:15am	Fusion Swim Club 5-6:30am 2 Lanes Lap Swim 5:30-8:15am	Lap Swim 5:30-8:15am	Fusion Swim Club 6:15-8am Lap Swim 7:30-8:55am
	Shallow Water Hydroworks All Lanes 8:20-9:20am Doreen	Shallow Water Hydroworks All Lanes 8:20-9:20am Kathryn	Shallow Water Hydroworks All Lanes 8:20-9:20am Doreen	Shallow Water Hydroworks All Lanes 8:20-9:20am Kathryn	Shallow Water Hydroworks All Lanes 8:20-9:20am Doreen	Aqua Zumba 8:55am-9:55am Cha Cha
	Silver Splash@ 4 Lanes 9:30-10:30am Doreen	Arthritis Aquafit 3 Lanes 9:45-10:30am Doreen	Silver Splash@ 4 Lanes 9:30-10:30am Doreen	Arthritis Aquafit 3 Lanes 9:45-10:30am Doreen	Silver Splash@ 4 Lanes 9:30-10:30am Doreen	
	Lap Swim 2 Lanes 9:20-10:30am	Lap Swim 1 Lane 9:20-10:30am	Lap Swim 2 Lanes 9:20-10:30am	Lap Swim 1 Lane 9:20-10:30am	Lap Swim 2 Lanes 9:20-10:30am	
	Swim Lessons 2 Lanes 10:30-12pm	Swim Lessons 2 Lanes 10:00-11:30am Water Walking 10:30- 11:15am 2 Lanes Doreen	Swim Lessons 2 Lanes 10:30-12pm	Swim Lessons 2 Lanes 10:00-11:30am Water Walking 10:30- 11:15am 2 Lanes Doreen	Swim Lessons 2 Lanes 10:30-12pm	Swimming Lessons ALL Lanes 10am-Noon
	Lap Swim 4 Lanes 10:30-12:00pm	Lap Swim 2/4 Lanes 10:30-12:00pm	Lap Swim 4 Lanes 10:30-12:00pm	Lap Swim 2/4 Lanes 10:30-12:00pm	Lap Swim 4 Lanes 10:30-12:00pm	Lap Swim All Lanes 12:00-1:15pm
	Lap Swim All Lanes 12:00-1:15pm	Lap Swim All Lanes 12:00-1:15pm	Lap Swim All Lanes 12:00-1:15pm	Lap Swim All Lanes 12:00-1:15pm	Lap Swim All Lanes 12:00-1:15pm	
	Open Swim ** ALL Lanes 1:30-3:30pm	Open Swim ** ALL Lanes 1:30-3:30pm	Open Swim ** ALL Lanes 1:30-3:30pm	Open Swim ** ALL Lanes 1:30-3:30pm	Open Swim ** ALL Lanes 1:30-3:30pm	
	Lap Swim 3:30-5:00pm 3 Lanes	Swim Lessons 3 Lanes 3:30-6pm	Lap Swim 3:30-5:00pm 3 Lanes	Swim Lessons 3 Lanes 3:30-6pm	Lap Swim 2 Lanes 3:30pm-5:15pm CARA Swim Team 4:15pm - 5:15pm	Open Swim** 1:15-4:30pm
	CARA Swim Team 4-5pm	CARA Swim Team 4-6pm	CARA Swim Team 4-5pm	CARA Swim Team 4-6pm	Fusion Swim Club 5-8:30pm	
	Fusion Swim Club 5-8:30pm	Shallow/Deep Water Aquafit 6:05-7:05pm Diane	Fusion Swim Club 5-8:30pm	Shallow/Deep Water Aquafit 6:05-7:05pm Diane		
	Shallow/Deep Water Aquafit 6:30-7:30pm Kathryn	Fusion Swim Club 6-8:45pm	Shallow/Deep Water Aquafit 6:30-7:30pm Kathryn	Fusion Swim Club 6-8:45pm		

If there are fewer than 15 people in the pool during this time, a lap lane may be opened up. Please call 303.450.8800 to verify if lap lanes are open.

All Ages Lap Swim: For swimmers 10 and older who want to use lap swimming as a form of exercise. Swimmers must be actively swimming laps during this time. Use of the blocks and diving from sides is restricted. No water walking during this time unless there are no lap swimmers.

Slow Swim: A portion of the pool will be available for those swimmers who would rather water walk, jog in place, or just use the pool as part of their physical therapy.

Northglenn Aquatics Lesson Programs

Want your toddlers to learn how to swim? Looking to master the backstroke? Haven't been in a pool for two decades? We'll meet you at your level so you can achieve your goals in the swimming pool.

Parent/Tot - Guppies Ages 6 months-3 years

Help your toddler or infant become more comfortable in the water. Please note that your child will NOT learn to swim or survive in the water in this class. The children must have a swim diaper or plastic pants under their swimsuits. Diapers are NOT allowed. Sorry - only one parent per child is allowed in the water.

Preschool Aquatics Program Ages 3-5

Our preschool swimming program focuses on safety and developmental needs of young children. As your child moves from class to class, they will review and build on skills they learned, increasing their ability and comfort in the water.

Starfish *Beginners*

Your young child will learn to be more comfortable and how to move in the water. They will be introduced to holding their breath and submerging under water.

Jellyfish *Intermediate*

Your child will become more comfortable with going under water and pushing off the wall independently for a short distance.

Angelfish *Advanced*

In the final class of the preschool program, your child will start to swim independently for longer distances using a semi-developed stroke.



Youth Program Ages 6-12

We use the American Red Cross Learn-to-Swim program, a progressive, multi-level instructional approach that maximizes success and includes the most current biomechanics and stroke descriptions. By completing the entire program, your child will be exposed to the front crawl, elementary backstroke, breaststroke, back crawl, side stroke, butterfly, starts, turns and diving.



Level 1 *Beginners*

This level introduces basic swimming skills and strokes. This includes submerging independently, unsupported kicks and streamline on front and back, independent swimming basic front crawl while blowing bubbles.

Level 2 *Advanced Beginner*

Your child will build on the skills learned in Level 1. They'll strive for longer distances using the front crawl and improve their bubbles-breather technique.

Level 3 *Intermediate*

The backstroke and sidestroke will be introduced as your child continues to work on the front crawl. They'll try treading water, and even be introduced to diving!

Level 4 *Experienced*

Get ready for deeper instruction, as your child tries out the deepwater surface dive, diving off the block and swimming from the deck. When not diving, they'll focus on the sidestroke and increasing their endurance in the water.

Level 5 *Advanced*

Your child's swimming arsenal will grow with the breaststroke as they increase their endurance on the strokes they've learned. They'll also get to jump off the block with streamline and learn about open turns, treading water and counting yards.

Level 6 *Expert*

Time to refine all the strokes and skills they've learned so far. Your child will swim with more ease, efficiency, power and smoothness. On the diving board, they'll be introduced to the shallow dive, jump tuck dive and pike dive.

Private and Semi-Private Swim Lessons

Available for all skill levels - from terribly terrified to stroke refinement.

Private Lesson: (1 student per teacher)
30 minutes

Fee: \$17/child/Resident
\$18/child/Non-Resident

Semi-Private: (2 students per teacher)
45 minutes

Fee: \$32/Two children/Resident
\$34/Two children/Non-Resident

Cancelations must be 24 hours in advance or normal fee will apply.

Badge Certification

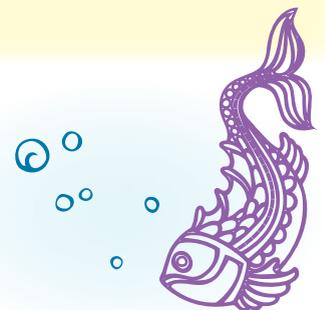
Does your scout troop need pool time for merit badge certification? We can help. Cost is only \$2.50 per scout, but the troop must provide instructors. Please call 303.450.8942 to schedule a time.

Re-Certification Information

These certifications are for *Lifeguard Training*, *First Aid*, and *CPRIAED For The Professional Rescuer*.

Fee	Resident	Non-Resident
1 certification	\$40	\$50
2 certifications	\$50	\$60
3 certifications	\$60	\$70

Need more information? Please contact Steve Hanson at 303.450.8942.



NRC Aquatics Lesson Schedules

Winter/Spring Session Dates

Session 1		
M,W	Jan 9-Feb 8	\$28R \$30N
Tu,Th	Jan 10-Feb 9	\$28R \$30N
F	Jan 13-Feb 10	\$14R \$16N
Sa	Jan 14-Feb 11	\$14R \$16N
Session 2		
M,W	Feb 13-Mar 15	\$28R \$30N
Tu,Th	Feb 14-Mar 16	\$28R \$30N
F	Feb 17-Mar 17	\$14R \$16N
Sa	Feb 18-Mar 18	\$14R \$16N
Session 3		
M,W	Mar 20-Apr 19	\$28R \$30N
Tu,Th	Mar 21-Apr 20	\$28R \$30N
F	Mar 24-Apr 21	\$14R \$16N
Sa	Mar 25-Apr 22	\$14R \$16N
Session 4		
M,W	Apr 24-May 24	\$28R \$30N
Tu,Th	Apr 25-May 25	\$28R \$30N
F	Apr 28-May 26	\$14R \$16N
Sa	Apr 29-May 27	\$14R \$16N

Session 1 Session 2 Session 3 Session 4
R = Resident N = Non-Resident

Starfish Preschool Ages 3-5 years

25792	M,W	Jan 9-Feb 8	10:30-11am	\$28R/\$30N
25793	M,W	Jan 9-Feb 8	3:30-4pm	\$28R/\$30N
25794	M,W	Jan 9-Feb 8	5-5:30pm	\$28R/\$30N
25795	Tu,Th	Jan 10-Feb 9	10-10:30am	\$28R/\$30N
25796	Tu,Th	Jan 10-Feb 9	4-4:30pm	\$28R/\$30N
25797	Tu,Th	Jan 10-Feb 9	5:30-6pm	\$28R/\$30N
25798	F	Jan 13-Feb 10	11-11:30am	\$14R/\$16N
25799	Sa	Jan 14-Feb 11	10-10:30am	\$14R/\$16N
25800	Sa	Jan 14-Feb 11	10:30-11am	\$14R/\$16N
25801	M,W	Feb 13-Mar 15	10:30-11am	\$28R/\$30N
25810	M,W	Feb 13-Mar 15	3:30-4pm	\$28R/\$30N
25811	M,W	Feb 13-Mar 15	5-5:30pm	\$28R/\$30N
25802	Tu,Th	Feb 14-Mar 16	10-10:30am	\$28R/\$30N
25803	Tu,Th	Feb 14-Mar 16	4-4:30pm	\$28R/\$30N
25812	Tu,Th	Feb 14-Mar 16	5:30-6pm	\$28R/\$30N
25785	F	Feb 17-Mar 17	11-11:30am	\$14R/\$16N
25786	Sa	Feb 18-Mar 18	10-10:30am	\$14R/\$16N
25787	Sa	Feb 18-Mar 18	10:30-11am	\$14R/\$16N
25788	M,W	Mar 20-Apr 19	10:30-11am	\$28R/\$30N
25789	M,W	Mar 20-Apr 19	3:30-4pm	\$28R/\$30N
25790	M,W	Mar 20-Apr 19	5-5:30pm	\$28R/\$30N
25804	Tu,Th	Mar 21-Apr 20	10-10:30am	\$28R/\$30N
25805	Tu,Th	Mar 21-Apr 20	4-4:30pm	\$28R/\$30N
25806	Tu,Th	Mar 21-Apr 20	5:30-6pm	\$28R/\$30N
25791	F	Mar 24-Apr 21	11-11:30am	\$14R/\$16N
25807	Sa	Mar 25-Apr 22	10-10:30am	\$14R/\$16N
25808	Sa	Mar 25-Apr 22	10:30-11am	\$14R/\$16N
25813	M,W	Apr 24-May 24	10:30-11am	\$28R/\$30N
25814	M,W	Apr 24-May 24	3:30-4pm	\$28R/\$30N
25815	M,W	Apr 24-May 24	5-5:30pm	\$28R/\$30N
25816	Tu,Th	Apr 25-May 25	10-10:30am	\$28R/\$30N
25817	Tu,Th	Apr 25-May 25	4-4:30pm	\$28R/\$30N
25818	Tu,Th	Apr 25-May 25	5:30-6pm	\$28R/\$30N
25819	F	Apr 28-May 26	11-11:30am	\$14R/\$16N
25820	Sa	Apr 29-May 27	10-10:30am	\$14R/\$16N
25821	Sa	Apr 29-May 27	10:30-11am	\$14R/\$16N

Guppies Parent/Tot Ages 6 months -3 years

25859	M,W	Jan 9-Feb 8	5-5:30pm	\$28R/\$30N
25860	Tu,Th	Jan 10-Feb 9	11-11:30am	\$28R/\$30N
25861	Tu,Th	Jan 10-Feb 9	5:30-6pm	\$28R/\$30N
25862	F	Jan 13-Feb 9	11:30am-12pm	\$14R/\$16N
25863	Sa	Jan 14-Feb 11	11:30am-12pm	\$14R/\$16N
25864	M,W	Feb 13-Mar 15	5-5:30pm	\$28R/\$30N
25865	Tu,Th	Feb 14-Mar 16	11-11:30am	\$28R/\$30N
25866	Tu,Th	Feb 14-Mar 16	5:30-6pm	\$28R/\$30N
25867	F	Feb 17-Mar 17	11:30am-12pm	\$14R/\$16N
25868	Sa	Feb 18-Mar 18	11:30am-12pm	\$14R/\$16N
25869	M,W	Mar 20-Apr 19	5-5:30pm	\$28R/\$30N
25870	Tu,Th	Mar 21-Apr 20	11-11:30am	\$28R/\$30N
25871	Tu,Th	Mar 21-Apr 20	5:30-6pm	\$28R/\$30N
25872	F	Mar 24-Apr 21	11:30am-12pm	\$14R/\$16N
25873	Sa	Mar 25-Apr 22	11:30am-12pm	\$14R/\$16N
25874	M,W	Apr 24-May 24	5-5:30pm	\$28R/\$30N
25875	Tu,Th	Apr 25-May 25	11-11:30am	\$28R/\$30N
25876	Tu,Th	Apr 25-May 25	5:30-6pm	\$28R/\$30N
25877	F	Apr 29-May 27	11:30am-12pm	\$14R/\$16N
25878	Sa	Apr 29-May 27	11:30am-12pm	\$14R/\$16N

Jellyfish Preschool Ages 3-5 years

25827	M,W	11:30am-12pm	Jan 9-Feb 8	\$28R/\$30N
25828	M,W	4-4:30pm	Jan 9-Feb 8	\$28R/\$30N
25829	M,W	5-5:30pm	Jan 9-Feb 8	\$28R/\$30N
25846	Tu,Th	10:30-11am	Jan 10-Feb 9	\$28R/\$30N
25830	Tu,Th	3:30-4pm	Jan 10-Feb 9	\$28R/\$30N
25848	Tu,Th	5-5:30pm	Jan 10-Feb 9	\$28R/\$30N
25831	Fri	10:30-11am	Jan 13-Feb 10	\$14R/\$16N
25832	Sa	11-11:30am	Jan 14-Feb 11	\$14R/\$16N
25833	Sa	11:30am-12pm	Jan 14-Feb 11	\$14R/\$16N
25834	M,W	11:30am-12pm	Feb 13-Mar 15	\$28R/\$30N
25835	M,W	4-4:30pm	Feb 13-Mar 15	\$28R/\$30N
25822	M,W	5-5:30pm	Feb 13-Mar 15	\$28R/\$30N
25836	Tu,Th	10:30-11am	Feb 14-Mar 16	\$28R/\$30N
25837	Tu,Th	3:30-4pm	Feb 14-Mar 16	\$28R/\$30N
25838	Tu,Th	5-5:30pm	Feb 14-Mar 16	\$28R/\$30N
25839	Fri	10:30-11am	Feb 17-Mar 17	\$14R/\$16N
25823	Sa	11-11:30am	Feb 18-Mar 18	\$14R/\$16N
25847	Sa	11:30am-12pm	Feb 18-Mar 18	\$14R/\$16N
25840	M,W	11:30am-12pm	Mar 20-Apr 19	\$28R/\$30N
25841	M,W	4-4:30pm	Mar 20-Apr 19	\$28R/\$30N
25842	M,W	5-5:30pm	Mar 20-Apr 19	\$28R/\$30N
25843	Tu,Th	10:30-11am	Mar 21-Apr 20	\$28R/\$30N
25844	Tu,Th	3:30-4pm	Mar 21-Apr 20	\$28R/\$30N
25845	Tu,Th	5-5:30pm	Mar 21-Apr 20	\$28R/\$30N
25824	Fri	10:30-11am	Mar 24-Apr 21	\$14R/\$16N
25808	Sa	11-11:30am	Mar 25-Apr 22	\$14R/\$16N
25826	Sa	11:30am-12pm	Mar 25-Apr 22	\$14R/\$16N
25850	M,W	11:30am-12pm	Apr24-May 24	\$28R/\$30N
25851	M,W	4-4:30pm	Apr24-May 24	\$28R/\$30N
25852	M,W	5-5:30pm	Apr24-May 24	\$28R/\$30N
25853	Tu,Th	10:30-11am	Aprr 25-May 25	\$28R/\$30N
25854	Tu,Th	3:30-4pm	Aprr 25-May 25	\$28R/\$30N
25855	Tu,Th	5-5:30pm	Aprr 25-May 25	\$28R/\$30N
25856	Fri	10:30-11am	Apr 28-May 26	\$14R/\$16N
25857	Sa	11-11:30am	Apr 29-May 27	\$14R/\$16N
25858	Sa	11:30am-12pm	Apr 29-May 27	\$14R/\$16N

Angelfish Preschool Ages 3-5 years

25896	M,W	Jan 9-Feb 8	11-11:30am	\$28R/\$30N
25879	M,W	Jan 9-Feb 8	4-4:30pm	\$28R/\$30N
25897	M,W	Jan 9-Feb 8	4:30-5pm	\$28R/\$30N
25880	Tu,Th	Jan10-Feb 9	4- 4:30pm	\$28R/\$30N
25881	Tu,Th	Jan10-Feb 9	4:30- 5pm	\$28R/\$30N
25882	Sa	Jan14-Feb 11	10:30-11am	\$14R/\$16N
25883	Sa	Jan14-Feb 11	11-11:30am	\$14R/\$16N
25884	M,W	Feb 13-Mar 15	11-11:30am	\$28R/\$30N
25885	M,W	Feb 13-Mar 15	4- 4:30pm	\$28R/\$30N
25886	M,W	Feb 13-Mar 15	4:30-5pm	\$28R/\$30N
25887	Tu,Th	Feb 14-Mar 16	4- 4:30pm	\$28R/\$30N
25888	Tu,Th	Feb 14-Mar 16	4:30- 5pm	\$28R/\$30N
25889	Sa	Feb 18-Mar 18	10:30-11am	\$14R/\$16N
25890	Sa	Feb 18-Mar 18	11-11:30am	\$14R/\$16N
25894	M,W	Mar 20-Apr 19	11-11:30am	\$28R/\$30N
25898	M,W	Mar 20-Apr 19	4- 4:30pm	\$28R/\$30N
25891	M,W	Mar 20-Apr 19	4:30-5pm	\$28R/\$30N
25899	Tu,Th	Mar 21-Apr 20	4- 4:30pm	\$28R/\$30N
25895	Tu,Th	Mar 21-Apr 20	4:30- 5pm	\$28R/\$30N
25892	Sa	Mar 25-Apr 22	10:30-11am	\$14R/\$16N
25893	Sa	Mar 25-Apr 22	11-11:30am	\$14R/\$16N
25900	M,W	Apr 24-May 24	11-11:30am	\$28R/\$30N
25902	M,W	Apr 24-May 24	4-4:30pm	\$28R/\$30N
25903	M,W	Apr 24-May 24	4:30-5pm	\$28R/\$30N
25904	Tu,Th	Apr 25-May 25	4-4:30pm	\$28R/\$30N
25905	Tu,Th	Apr 25-May 25	4:30- 5pm	\$28R/\$30N
25906	Sa	Apr 29-May 27	10:30-11am	\$14R/\$16N
25907	Sa	Apr 29-May 27	11-11:30am	\$14R/\$16N

Session 1 Session 2 Session 3 Session 4
 R = Resident N = Non-Resident



Session 1 Session 2 Session 3 Session 4

R = Resident N = Non-Resident

Level 1 Ages 6-12 years

25908	M,W	Jan 9-Feb 8	3:30-4pm	\$28R/\$30N
25909	M,W	Jan 9-Feb 8	4:30-5pm	\$28R/\$30N
25910	Tu,Th	Jan 10-Feb 9	3:30-4pm	\$28R/\$30N
25911	Tu,Th	Jan 10-Feb 9	4:30-5pm	\$28R/\$30N
25912	Tu,Th	Jan 10-Feb 9	5-5:30pm	\$28R/\$30N
25913	Sa	Jan 14-Feb 11	10-10:30am	\$14R/\$16N
25924	Sa	Jan 14-Feb 11	10:30-11am	\$14R/\$16N
25926	M,W	Feb 13-Mar 15	3:30-4pm	\$28R/\$30N
25927	M,W	Feb 13-Mar 15	4:30-5pm	\$28R/\$30N
25914	Tu,Th	Feb 14-Mar 16	3:30-4pm	\$28R/\$30N
25915	Tu,Th	Feb 14-Mar 16	4:30-5pm	\$28R/\$30N
25916	Tu,Th	Feb 14-Mar 16	5-5:30pm	\$28R/\$30N
25917	Sa	Feb 18-Mar 18	10-10:30am	\$14R/\$16N
25918	Sa	Feb 18-Mar 18	10:30-11am	\$14R/\$16N
25919	M,W	Mar 20-Apr 19	3:30-4pm	\$28R/\$30N
25928	M,W	Mar 20-Apr 19	4:30-5pm	\$28R/\$30N
25920	Tu,Th	Mar 21-Apr 20	3:30-4pm	\$28R/\$30N
25921	Tu,Th	Mar 21-Apr 20	4:30-5pm	\$28R/\$30N
25922	Tu,Th	Mar 21-Apr 20	5-5:30pm	\$28R/\$30N
25923	Sa	Mar 25-Apr 22	10-10:30am	\$14R/\$16N
25925	Sa	Mar 25-Apr 22	10:30-11am	\$14R/\$16N
25929	M,W	Apr 24-May 24	3:30-4pm	\$28R/\$30N
25930	M,W	Apr 24-May 24	4:30-5pm	\$28R/\$30N
25931	Tu,Th	Apr 25-May 25	3:30-4pm	\$28R/\$30N
25932	Tu,Th	Apr 25-May 25	4:30-5pm	\$28R/\$30N
25934	Tu,Th	Apr 25-May 25	5-5:30pm	\$28R/\$30N
25935	Sa	Apr 29-May 27	10-10:30am	\$14R/\$16N
25936	Sa	Apr 29-May 27	10:30-11am	\$14R/\$16N



Level 2 Ages 6-12 years

25938	M,W	Jan 9-Feb 8	4:30-5pm	\$28R/\$30N
25939	Tu,Th	Jan 10-Feb 9	3:30-4pm	\$28R/\$30N
25940	Tu,Th	Jan 10-Feb 9	4-4:30pm	\$28R/\$30N
25941	Sa	Jan 14-Feb 11	10-10:30am	\$14R/\$16N
25950	Sa	Jan 14-Feb 11	11:30am-12pm	\$14R/\$16N
25952	M,W	Feb 13-Mar 15	4:30-5pm	\$28R/\$30N
25943	Tu,Th	Feb 14-Mar 16	3:30-4pm	\$28R/\$30N
25942	Tu,Th	Feb 14-Mar 16	4-4:30pm	\$28R/\$30N
25944	Sa	Feb 18-Mar 18	10-10:30am	\$14R/\$16N
25945	Sa	Feb 18-Mar 18	11:30am-12pm	\$14R/\$16N
25951	M,W	Mar 20-Apr 19	4:30-5pm	\$28R/\$30N
25948	Tu,Th	Mar 21-Apr 20	3:30-4pm	\$28R/\$30N
25949	Tu,Th	Mar 21-Apr 20	4-4:30pm	\$28R/\$30N
25946	Sa	Mar 25-Apr 22	10-10:30am	\$14R/\$16N
25947	Sa	Mar 25-Apr 22	11:30am-12pm	\$14R/\$16N
25954	M,W	Apr 24-May 24	4:30-5pm	\$28R/\$30N
25955	Tu,Th	Apr 25-May 25	3:30-4pm	\$28R/\$30N
25956	Tu,Th	Apr 25-May 25	4-4:30pm	\$28R/\$30N
25957	Sa	Apr 29-May 27	10-10:30am	\$28R/\$30N
25958	Sa	Apr 29-May 27	11:30am-12pm	\$14R/\$16N

Level 3 Ages 6-12 years

25966	M,W	Jan 9-Feb 8	4:30-5pm	\$28R/\$30N
25967	M,W	Jan 9-Feb 8	5:30-6pm	\$28R/\$30N
25977	Tu,Th	Jan 10-Feb 9	4:30-5pm	\$28R/\$30N
25969	Tu,Th	Jan 10-Feb 9	5-5:30pm	\$28R/\$30N
25970	Sa	Jan 14-Feb 11	10:30-11am	\$14R/\$16N
25971	Sa	Jan 14-Feb 11	11:30am-12pm	\$14R/\$16N
25978	M,W	Feb 13-Mar 15	4:30-5pm	\$28R/\$30N
25959	M,W	Feb 13-Mar 15	5:30-6pm	\$28R/\$30N
25960	Tu,Th	Feb 14-Mar 16	4:30-5pm	\$28R/\$30N
25961	Tu,Th	Feb 14-Mar 16	5-5:30pm	\$28R/\$30N
25962	Sa	Feb 18-Mar 18	10:30-11am	\$14R/\$16N
25972	Sa	Feb 18-Mar 18	11:30am-12pm	\$14R/\$16N
25979	M,W	Mar 20-Apr 19	4:30-5pm	\$28R/\$30N
25963	M,W	Mar 20-Apr 19	5:30-6pm	\$28R/\$30N
25973	Tu,Th	Mar 21-Apr 20	4:30-5pm	\$28R/\$30N
25964	Tu,Th	Mar 21-Apr 20	5-5:30pm	\$28R/\$30N
25965	Sa	Mar 25-Apr 22	10:30-11am	\$14R/\$16N
25974	Sa	Mar 25-Apr 22	11:30am-12pm	\$14R/\$16N
25975	M,W	Apr 24-May 24	4:30-5pm	\$28R/\$30N
25976	M,W	Apr 24-May 24	5:30-6pm	\$28R/\$30N
25980	Tu,Th	Apr 25-May 25	4:30-5pm	\$28R/\$30N
25981	Tu,Th	Apr 25-May 25	5-5:30pm	\$28R/\$30N
25982	Sa	Apr 29-May 27	10:30-11am	\$14R/\$16N
25983	Sa	Apr 29-May 27	11:30am-12pm	\$14R/\$16N

Level 4 Ages 6-12 years

25996	M,W	Jan 9-Feb 8	3:30- 4pm	\$28R/\$30N
25990	M,W	Jan 9-Feb 8	4-4:30pm	\$28R/\$30N
26001	Tu,Th	Jan10-Feb 9	3:30- 4pm	\$28R/\$30N
25999	Tu,Th	Jan10-Feb 9	5- 5:30pm	\$28R/\$30N
25991	Sa	Jan 14-Feb 11	10-10:30am	\$14R/\$16N
26000	Sa	Jan 14-Feb 11	11-11:30am	\$14R/\$16N
26002	M,W	Feb 13-Mar 15	3:30- 4pm	\$28R/\$30N
25992	M,W	Feb 13-Mar 15	4-4:30pm	\$28R/\$30N
25984	Tu,Th	Feb 14-Mar 16	3:30- 4pm	\$28R/\$30N
25985	Tu,Th	Feb 14-Mar 16	5- 5:30pm	\$28R/\$30N
25986	Sa	Feb 18-Mar 18	10-10:30am	\$14R/\$16N
25993	Sa	Feb 18-Mar 18	11-11:30am	\$14R/\$16N
25997	M,W	Mar 20-Apr 19	3:30- 4pm	\$28R/\$30N
25994	M,W	Mar 20-Apr 19	4-4:30pm	\$28R/\$30N
25987	Tu,Th	Mar 21-Apr 20	3:30- 4pm	\$28R/\$30N
25988	Tu,Th	Mar 21-Apr 20	5- 5:30pm	\$28R/\$30N
25989	Sa	Mar 25-Apr 22	10-10:30am	\$14R/\$16N
25995	Sa	Mar 25-Apr 22	11-11:30am	\$14R/\$16N
25998	M,W	Apr 24-May 24	3:30- 4pm	\$28R/\$30N
26003	M,W	Apr 24-May 24	4-4:30pm	\$28R/\$30N
26004	Tu,Th	Apr 25-May 25	3:30- 4pm	\$28R/\$30N
26005	Tu,Th	Apr 25-May 25	5- 5:30pm	\$28R/\$30N
26006	Sa	Apr 29-May 27	10-10:30am	\$14R/\$16N
26007	Sa	Apr 29-May 27	11-11:30am	\$14R/\$16N

Level 5 Ages 6-12 years

26008	M,W	Jan 9-Feb 8	4- 4:30pm	\$28R/\$30N
26023	M,W	Jan 10-Feb 9	5:30- 6pm	\$28R/\$30N
26009	Tu,Th	Jan10-Feb 9	4- 4:30pm	\$28R/\$30N
26025	Tu,Th	Jan10-Feb 9	5:30- 6pm	\$28R/\$30N
26010	Sa	Jan 14-Feb 11	10-10:30am	\$14R/\$16N
26024	Sa	Jan 14-Feb 11	11-11:30am	\$14R/\$16N
26011	M,W	Feb 13-Mar 15	4- 4:30pm	\$28R/\$30N
26012	M,W	Feb 13-Mar 15	5:30- 6pm	\$28R/\$30N
26013	Tu,Th	Feb 14-Mar 16	4- 4:30pm	\$28R/\$30N
26014	Tu,Th	Feb 14-Mar 16	5:30- 6pm	\$28R/\$30N
26015	Sa	Feb 18-Mar 18	10-10:30am	\$14R/\$16N
26016	Sa	Feb 18-Mar 18	11:30am-12pm	\$14R/\$16N
26017	M,W	Mar 20-Apr 19	4- 4:30pm	\$28R/\$30N
26018	M,W	Mar 20-Apr 19	5:30- 6pm	\$28R/\$30N
26019	Tu,Th	Mar 21-Apr 20	4- 4:30pm	\$28R/\$30N
26020	Tu,Th	Mar 21-Apr 20	5:30- 6pm	\$28R/\$30N
26021	Sa	Mar 25-Apr 22	10-10:30am	\$14R/\$16N
26022	Sa	Mar 25-Apr 22	11-11:30am	\$14R/\$16N
26026	M,W	Apr 24-May 24	4- 4:30pm	\$28R/\$30N
26027	M,W	Apr 24-May 24	5:30- 6pm	\$28R/\$30N
26028	Tu,Th	Apr 25-May 25	4- 4:30pm	\$28R/\$30N
26029	Tu,Th	Apr 25-May 25	5:30- 6pm	\$28R/\$30N
26030	Sa	Apr 29-May 27	10-10:30am	\$14R/\$16N
26032	Sa	Apr 29-May 27	11-11:30am	\$14R/\$16N

Level 6 Ages 6-12 years

26033	M,W	Jan 9-Feb 8	3:30-4pm	\$28R/\$30N
26034	M,W	Jan 9-Feb 8	5:30-6pm	\$28R/\$30N
26035	Tu,Th	Jan 10-Feb 9	4:30-5pm	\$28R/\$30N
26036	Tu,Th	Jan 10-Feb 9	5:30-6pm	\$28R/\$30N
26037	Sa	Jan 14-Feb 11	10:30-11am	\$14R/\$16N
26038	Sa	Jan 14-Feb 11	11:30am-12 pm	\$14R/\$16N
26039	M,W	Feb 13-Mar 15	3:30-4pm	\$28R/\$30N
26040	M,W	Feb 13-Mar 15	5:30-6pm	\$28R/\$30N
26041	Tu,Th	Feb 14-Mar 16	4:30-5pm	\$28R/\$30N
26042	Tu,Th	Feb 14-Mar 16	5:30-6pm	\$28R/\$30N
26043	Sa	Feb 18-Mar 18	10:30-11am	\$14R/\$16N
26044	Sa	Feb 18-Mar 18	11:30am-12 pm	\$14R/\$16N
26045	M,W	Mar 20-Apr 19	3:30-4pm	\$28R/\$30N
26046	M,W	Mar 20-Apr 19	5:30-6pm	\$28R/\$30N
26047	Tu,Th	Mar 21-Apr 20	4:30-5pm	\$28R/\$30N
26048	Tu,Th	Mar 21-Apr 20	5:30-6pm	\$14R/\$16N
26049	Sa	Mar 25-Apr 22	10:30-11am	\$14R/\$16N
26050	Sa	Mar 25-Apr 22	11:30am-12pm	\$14R/\$16N
26051	M,W	Apr 24-May 24	3:30-4pm	\$28R/\$30N
26052	M,W	Apr 24-May 24	5:30-6pm	\$28R/\$30N
26053	Tu,Th	Apr 25-May 25	4:30-5pm	\$28R/\$30N
26054	Tu,Th	Apr 25-May 25	5:30-6pm	\$28R/\$30N
26055	Sa	Apr 29-May 27	10:30-11am	\$14R/\$16N
26056	Sa	Apr 29-May 27	11:30am-12pm	\$14R/\$16N

Session 1 Session 2 **Session 3** Session 4
 R = Resident N = Non-Resident



Water Fitness Information

Aqua shoes are recommended for all water fitness classes.

Aqua Zumba

Saturday 8:55-9:55 am

Aqua Zumba is a safe, effective, fun and challenging workout that integrates Zumba dance moves and aqua fitness. You'll dance for 60 minutes against the water - your muscles will feel the workout! Please bring a bottle of water.

Aqua Zumba drop-in fee:

\$5 Resident/\$5.50 Non-Resident

Save with an Aqua Zumba punch pass!

10-punch pass:

\$40 Resident/\$45 Non-Resident

Save even more with a membership!

Aqua Zumba fees are included in 6-month and annual memberships.

SilverSneakers® SilverSplash

Monday/Wednesday/Friday

9:30-10:30 am

Activate your aqua exercise urge for variety! SilverSplash® offers fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

Water Walking

Tuesday/Thursday, 10:30-11:15 am

Use the buoyancy of water and its natural resistance as you walk in the shallow section of the pool. You'll build stamina and tone your muscles while taking it easy on the joints. You don't need to know how to swim to participate. Wearing aqua shoes is encouraged.

Refer to page 6 for Lap Swim, Lap Swim Etiquette, and Slow Swim pool schedules.

Lap Swim Ages 10 and up

This time is set aside for when you just want to swim for exercise. Using the blocks and diving from the sides is restricted. Water walking is not allowed during this time unless the lanes are free of lap swimmers.

Lap Swim Etiquette

Due to a limited number of lap lanes, patrons should share lanes as necessary.

- Two swimmers: Swim on a side of the lane.
- Three or more swimmers: Swim counter clockwise in a single-file line on the right side of the lane.

Slow Swim

A portion of the pool will be available if you want to water walk, jog in place or just use the pool as part of physical therapy.

Arthritis Aquafit

Ages 16+

Tuesday/Thursday, 9:45-10:30 am and Thursday, 6:05-7:05 pm

Go through specially-designed movements in the warm water pool to improve flexibility and relieve pain from arthritis. This class is ideal if you are just starting an exercise program, and is also a great way to meet others who are seeking control over arthritis. You don't need to know how to swim to participate. Medical note: A physician's release is needed before you can participate. Please check with your doctor if you need to take special precautions - especially if you have had multiple or severe joint problems or a recent surgery. A swim lift is available.

Water Hydroworks

Come and try our newly revised evening Aquafit classes! Our classes are taught by United States Water Fitness Association certified instructors who are motivated and excited about helping you reach your fitness goals. All fitness levels are encouraged to attend these fun and exciting classes. Instructors can work to individual needs, so stop by and get hydrocised!

Shallow

Monday-Friday 8:20-9:20 am

Tuesday 6:05-7:05 pm

Deep/Shallow

Monday and Wednesday 6:30-7:30 pm

Recreation Center drop-in fee required for all classes except Aqua Zumba.

Winter 2017 Aquafit Schedule				
Monday	Tuesday	Wednesday	Thursday	Friday
Shallow Water Hydroworks 8:20 - 9:20 am Doreen	Shallow Water Hydroworks 8:20 - 9:20 am Kathryn	Shallow Water Hydroworks 8:20 - 9:20 am Doreen	Shallow Water Hydroworks 8:20 - 9:20 am Kathryn	Shallow Water Hydroworks 8:20 - 9:20 am Doreen
Silver Splash® 9:30 - 10:30 am Doreen	Arthritis Aquafit 9:45 - 10:30 am Doreen	Silver Splash® 9:30 - 10:30 am Doreen	Arthritis Aquafit 9:45 - 10:30 am Doreen	Silver Splash® 9:30 - 10:30 am Doreen
Deep/Shallow Hydroworks 6:30-7:30 pm Kathryn	Water Walking 10:30 - 11:15 am Doreen	Deep/Shallow Hydroworks 6:30-7:30 pm Kathryn	Water Walking 10:30 - 11:15 am Doreen	
	Shallow Water Hydroworks 6:05 - 7:05 pm Diane		Arthritis Aquafit 6:05 - 7:05 pm Diane	

Class schedules subject to change. Please check northglenn.org/aquatics for updates.

Swim Teams



The City of Northglenn is proud to offer a wide variety of aquatic programs for all ages and abilities. After a swimmer has progressed through the *Learn to Swim* program, the Northglenn Snappers CARA recreation swim team is a natural progression. Swimmers ready to move to the next level can move on to the Northglenn Fusion USA Swim Club.

All teams require a tryout process for placement on the appropriate team. **Please contact Steve Hanson at 303.450.8942 or shanson@northglenn.org for more information and to schedule a tryout.**

Northglenn Snappers

Colorado Association Recreational Athletics (CARA)

The Northglenn Snappers are ideal for kids ages 6 to 18 who are interested in swimming as a sport, but have little to no experience swimming competitively.

Coaches incorporate competition, technique, teamwork and fun together as one. Focus is on proper technique for all four competitive strokes, along with starts and turns.

This CARA recreation team runs year-round. Practices are three nights a week, with occasional one-day meets on weekends in the metro area.

Registration is limited. To join the team, you must complete a minimum of 25 yards doing two of the four major strokes.

Fees: \$105 Resident/\$115 Non-Resident

Dates: January 2-April 13

M,W	4- 5pm
Tu,Th	4- 5pm
Tu,Th	5- 6pm
Tu,Th	5- 6pm

Fusion Swim Club

Northglenn Fusion Swim Club is a USA Swimming team. They are a competitive swim team that swims in meets all around the state. You **MUST** have competitive swim team experience or swam for another swim team within a year. There is a tryout process. Please contact the aquatics department for further details. Team schedule is M-F.



www.northglennfusion.com



www.northglennsnappers.com

Lifeguard Training

Participants who complete the training will receive the American Red Cross Lifeguard Training certificate, which certifies you in the following:

Valid for two years

- Lifeguarding
- CPR
- First Aid
- AED
- Epinephrine Injection
- Asthma Inhaler

Valid for one year

- Bloodborne Pathogens

To take the class, you must be at least 15 years old by the last scheduled session. You must also pass a swimming skills test that includes these tasks:

1. Swim 300 yards continuously, demonstrating breath control and rhythmic breathing. You may NOT swim on your side or back. Goggles are allowed.
2. Tread water for two minutes using only your legs. Candidates will place their hands under their armpits.
3. Complete a timed event within 1:40:
 - a. Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
 - b. Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.
 - c. Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping face at or near the surface so they are able to get a breath. You are not allowed to swim underwater.
 - d. Exit the water without using a ladder or steps.

Lifeguard Training

Ages 15+

Mar 27-30 M-TH 9am- 4pm \$125R/\$140N

Code 25771

For more details, contact:
Steve Hanson
 303.450.8942
shanson@northglenn.org