



POOL SCHEDULE FALL 2018

Bathroom/safety breaks will occur 10 minutes to the hour, every hour, during open swim times.

POOL SCHEDULE FALL 2018

	SUNDAY	MONDAY & WEDNESDAY	TUESDAY & THURSDAY	FRIDAY	SATURDAY
LAP POOL	(lap swim) 10am - 12pm (open swim) 12pm - 5:30pm	(lap swim) 5:30am - 1pm (open swim) 1pm - 4:30pm (lap swim) 6:15pm - 8:30pm <small>*lap swim starts at 6:45 on Wednesdays only*</small>	(lap swim) 5:30am - 8am (aquacise) 8am - 9am (lap swim) 9am - 1pm (open swim) 1pm - 5:30pm (aquacise) 5:30pm - 6:30pm (lap swim) 6:30pm - 8:30pm	(lap swim) 5:30am - 1pm (open swim) 1pm - 6:30pm (lap swim) 6:30pm - 8:30pm	(lap swim) 7am - 9am (lap swim) 11am - 1pm (open swim) 1pm - 6:30pm
BEACH AREA	(open swim) 10am - 5:30pm	(quiet open swim) 8am-10am (open swim) 10am - 4:30pm (open swim) 6:30pm - 8:30pm	(open swim) 11am - 5:30pm (quiet swim) 5:30pm - 6:30pm (open swim) 6:30pm - 8:30pm	(quiet swim) 8am - 10am (open swim) 10am - 8:30pm	(open swim) 11am - 6:30pm
RIVER & ENTRY POOL	(open swim) 10am - 5:30pm	(adult only) 5:30am - 8:00am (quiet swim) 8am-10am (open swim) 10am - 4:30pm (river aerobics) 5:30pm - 6:30pm <small>*Wed Only*</small> (open swim) 6:30pm - 8:30pm	(adult only) 5:30am - 8:00am (quiet swim) 8am-9am (river aerobics) 9:00am - 9:30am (open swim) 11am - 5:30pm (quiet swim) 5:30pm-6:30pm (open swim) 6:30pm - 8:30pm	(adult only) 5:30am - 8am (quiet swim) 8am - 10am (open swim) 10am - 8:30pm	(open swim) 11am - 6:30pm
SLIDE <small>(must be 48")</small>	10:30am - 5pm	6:30pm - 8pm	4pm - 8pm	4pm - 8pm	11am - 6pm

PLEASE KEEP IN MIND:

Lap Swim - Lap pool is reserved for lap swim only

Aquacise & River Aerobics - Area is reserved for class only

Quiet Open Swim - Play features are turned off in the beach area and we ask that you are mindful of those utilizing the pool area for exercise

Open Swim - Area is open for play and features are turned on

Open Swim in the Lap Pool - Lanes are removed, and area is reserved for FUN

Pool is closed for swim lessons: Monday & Wednesday: 4:30pm-6:30pm | Tuesday & Thursday: 9:00am-10:40am | Saturday: 9:00am-11:00am

EATON AREA COMMUNITY CENTER FALL 2018 AQUATIC PROGRAMS

AUGUST 12TH THROUGH DECEMBER 21ST

Parent & Tot will help young children become comfortable in, on and around the water so that when the time comes, they are ready to learn how to swim.

Preschool 1 is the start of your child's swimming journey. This class introduces basic water skills; submerging and blowing bubbles, gliding on front with support, entering and exiting the water, rolling to back, back floating with support and recovering to a vertical position. Familiar with the Northern Colorado swim program? This class is similar to Polliwog.

Prerequisite: Child must be ready to participate in a group setting.

Preschool 2 will continue your child on this very important \ journey.

This class presents new swimming and water safety skills; \independent front and back floats, independent front and back glides and learning forward locomotion with the use of combined arm and leg action.

Familiar with the Northern Colorado swim program? This class is similar to Tadpole

Prerequisite: Pass Preschool 1; OR Go underwater without hesitation; comfortable floating on front and back with support.

Preschool 3 is the next step to ensure that your child learns how to be safe in, on and around the water and to swim well. This class continues to develop swimming and water safety skills; treading water, front and back floats for 15 seconds, using combined arm and leg action on front, rolling from front to back and rolling from back to front to continue swimming. Familiar with the Northern Colorado swim program? This class is similar to Froggie.

Prerequisite: Pass Preschool 2; OR independently floating on front and back for 5 seconds; forward movement through water

Level 1 is the start of your child's swimming journey. This class introduces basic water skills; submerging and opening eyes underwater, gliding on front with support, entering and exiting the water safely, rolling to back, back floating with support and recovering to a vertical position.

Prerequisite: Child must be ready to participate in a group setting.

Level 2 builds on skills learned in level 1 and begins teaching rudimentary propulsive skills on both the front and back. This class marks the beginning of independent aquatic locomotion; treading, floating for 15 seconds, rolling from front to back, rolling from the back to the front and using combined arm and leg action for forward locomotion.

Prerequisite: Pass Level 1; OR Go underwater without hesitation; comfortable floating on front and back with support.

Level 3 introduces new swimming and water safety skills to develop water competency. Class will focus on the rudimentary skills of front crawl, elementary backstroke, scissor kick, dolphin kick, survival floating and treading water.

Prerequisite: Pass Level 2; OR independently floating on front and back for 5 seconds; forward movement through water.

Level 4 improves stroke proficiency and focus on swimming longer distances. Students' will work toward swimming 25 yards of front crawl and elementary backstroke, swimming 15 yards of breaststroke, butterfly, back crawl, and side stroke and be introduced to open turns.

Prerequisite: Pass Level 3; OR Swim 15 yards' front crawl with rotary breathing.

Level 5 refines the six swimming strokes introduced in level 4. Classes include activities and drills that are engaging and challenging; longer distance swims, new water safety skills, and flip turns.

Prerequisite: Pass Level 4; OR Swim 25 yards' front crawl and elementary backstroke, 15 yards' breaststroke, butterfly, back crawl and side stroke.

Level 6 implements high expectations regarding distance and quality of swimming strokes. Class goals; swim 500 yards continuously, perform open and flip turns while swimming circle swimming, survival floating and swimming; and treading water for 2 minutes.

Prerequisite: Pass Level 5; OR Swim 50 yards' front crawl and elementary backstroke, 25 yards' breaststroke, butterfly, back crawl and side stroke.

Session	Monday & Wednesday Evenings	Tuesday & Thursday Mornings	Saturday Mornings	Adult Swim Lessons (Wednesdays)
1	September 10-October 3 Session 1 Registration Opens - DD: August 20 ND: August 22	September 11- October 4	September 15-October 13	September 12- October 10
2	October 8 - October 31 Session 2 Registration Opens - DD: September 19 ND: October 1	October 9 - November 1	October 20 - November 17	October 17 - November 14
3	November 26 - December 19 Session 3 Registration Opens - DD: November 2 ND: November 5	November 27 - December 20		
Class	Meeting Times (30 minutes)			
Parent & Tot	4:30pm		9:00am	Adult Lesson Meet 6:15pm
Preschool 1	4:30pm-5:05pm	9:00am	9:00am & 9:35am	
Preschool 2	4:30pm & 5:40pm	9:35am	9:00am & 10:10am	
Preschool 3	5:05pm & 5:40pm	10:10am	9:35am & 10:10am	
Level 1	5:40pm		10:10am	
Level 2	5:05pm		9:35am	
Level 3	4:30p		9:35am	
Level 4	5:05pm		10:10am	
Level 5			9:00am	
Level 6	5:40pm			

Private Swim Lessons (all ages) - In District: \$25 & Non-District fee: \$35 per lesson for additional information, contacting Avalon Mays Aquatics Supervisor at avalonmays@ecprd.com

Drop-In Aqua-Fitness Classes: Aquacise - Tuesday & Thursday 8am-9am | 5:30pm-6:30pm

River Aerobics - Tuesday & Thursday 9am-9:30am | Wednesday 5:30pm - 6:30pm