



# programming at the pools

**RESIDENT SWIM TEAM REGISTRATION OPENS MARCH 6 AT NOON**  
**RESIDENT SWIM LESSON REGISTRATION OPENS ON MARCH 13 AT NOON**  
**NONRESIDENT SWIM TEAM/SWIM LESSON REGISTRATION OPENS ON APRIL 17 AT NOON**

**\*All age overrides must be done in person, after March 13th**

**\*No transfers, age overrides, refunds or purchases of pool resident cards on registration days**

Nonresidents must complete the "Nonresident Registration Form" online at [www.stapletoncommunity.com](http://www.stapletoncommunity.com) prior to registration. Nonresidents will not have access to online registration.

We highly encourage residents to use their ActiveNet account to register for classes. Please make sure all of your account information is up-to-date **prior to registration**. In-person registration is available **The Cube** located at 8371 Northfield Blvd.

## Swim Lessons: 6 months to 3 years

<b>Parent Tot</b> Infant: 6-24 months One parent per child	<i>Water Adjustment</i> – This fun program introduces parents and baby to the water. Skills include water adjustment, leg action, exploring buoyancy on front and back, floating with support and rolling over.
<b>Parent Tot II</b> Toddler: 24-36 months One parent per child	<i>Fundamentals</i> – This fun program introduces parents and child to the basic fundamentals using games and songs. Skills learned include blowing bubbles, change of direction, floating on front and back (with support) leg and arm action, jumping in and rolling over.

## Swim Lessons: 3 to 5 years

<b>Preschool</b> 3-5 years	Participants will be introduced to basic skills including—blowing bubbles, bobs, water adjustment, kicking, floating and turning over on their back. Class incorporates games, activities and water safety skills.
<b>Preschool Advanced</b> 3-5 years	For swimmers that are comfortable with their faces and ears in the water. Class includes stroke development, breath coordination, safety, swimming on front/back and deep water exploration.
<b>Preschool Advanced II</b> 3-5 years	For swimmers that are swimming independently without support. Skills taught include rhythmic breathing, front/back crawl, elementary backstroke, sit/kneel dives and changing directions (same skill set as Station 2).

## Swim Lessons: 6+ years

<b>Station 1</b> 6+ years	<i>Fundamental Aquatic Skills</i> – Class is for swimmers new to the water. Introduces swimmers to the fundamental skills such as water entry/exit, opening eyes under water, floating, gliding and water safety.
<b>Station 2</b> 6+ years	<i>Stroke Development</i> – Class is for swimmers who can move through the water unassisted. Skills learned include bobbing, rhythmic breathing, front/back crawl, sit/kneel dives and changing directions.
<b>Station 3</b> 6+ years	<i>Stroke Improvement</i> – Class is for swimmers ready for deeper waters. Builds on previous skills, swimming underwater, breaststroke, elementary backstroke, side-stroke, butterfly, open turns, compact and stride jumps, surface dives and water safety.
<b>Station 4/5</b> 6+ years	<i>Stroke Refinement/Fitness Swim</i> – Designed for swimmers who can swim 25 yards/meters front, back and elementary back stroke. Skills learned will include butterfly, breaststroke, sidestroke, flip turns, treading water, shallow dives, including survival floating and water safety.
<b>Intro to Diving</b> 6+ years Available during sessions 1,2	Springboard diving is for swimmers who are comfortable in the deep end (12 ft.) and skilled in a shallow-angle head-first entry (i.e. enter the water at a slight angle), swim parallel to the surface, steer back to the surface and then begin stroking.

### Private Lessons

Private instruction with highly-motivated, friendly instructors. Ideal for adults and children. Each session is 30 minutes in length and can be scheduled at your desired facility (during open swim). Private lesson forms will be available beginning June 1 at the outdoor Stapleton facilities. Please schedule all private lesson with your selected instructor at your desired facility—pool management will be on-hand to assist you.

**One instructor per one participant**      **\$10 for each additional child**  
**\$33 Resident**      **(up to three total)**

### Junior Lifeguard Program

This program will offer 14 year olds interested in lifeguarding the opportunity to learn about water safety, first aid, CPR/AED, while exposing each one of the techniques and skills necessary to becoming a professional rescuer. Applications are available on-line beginning May 1st and will be accepted through May 15th. This program is open to Stapleton residents only.

For more information please visit [www.stapletoncommunity.com](http://www.stapletoncommunity.com) or e-mail [pools@stapletoncommunity.com](mailto:pools@stapletoncommunity.com)

### Intro to Synchro

This program will be offered during sessions 1 & 2 and is designed to teach basic synchro skills to those who have no previous experience. Lessons are 50 minutes at Jetstream Pool on Sunday mornings.

For more information please visit [www.stapletoncommunity.com](http://www.stapletoncommunity.com) or e-mail [pools@stapletoncommunity.com](mailto:pools@stapletoncommunity.com)

### Intro to Water Polo

The Intro to Water Polo class is designed to teach basic water polo skills including: eggbeater kick, passing, ball handling and game basics. Participants should have strong swimming skills ( Station 3) and be comfortable in deeper water.

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### Weekdays

**Monday–Thursday**      Session 1: June 10 – June 20  
 25 minute lessons      Session 2: June 24 – July 5  
*Resident: \$50*      Session 3: July 8 – July 18  
*Nonresident: \$60*      Session 4: July 22 – Aug 1

### Evenings :: Aviator, PJ, Runway 35

**Monday/Wednesday**      25 minute lessons  
*Resident: \$50*      Session 1: June 3 – June 26  
*Nonresident: \$60*      Session 2: July 8 –July 31

### Evenings :: F15, Jet Stream, Maverick

**Tuesday/Thursday**      25 minute lessons  
*Resident: \$50*      Session 1: June 4– June 27  
*Nonresident: \$60*      Session 2: July 9– Aug 1

## SWIM LESSON Sessions

### Weekend :: Aviator, PJ, F15, Maverick

**Saturday**      25 minute lessons  
*Resident: \$33*      Session 1: June 1 – June 29  
*Nonresident: \$39*      Session 2: July 6– Aug 3

### Weekend :: Jet Stream :: Sunday

25 minute lessons for ages 3-5      50 minute lessons for ages 6+  
*Resident: \$33/\$61*      Session 1: June 2 – June 30  
*Nonresident: \$39/\$73*      Session 2: July 7 – Aug 4

	Weekday Lessons Monday–Thursday				Evening Lessons Mon,Wed,Tu,Thur			Weekend Lessons Saturday/Sunday			
	9:00	9:30	10:00	10:30	5:00	5:30	6:00	9:00	9:30	10:00	10:30
<b>Aviator</b>											
Parent-Tot											
Parent-Tot II											
Preschool											
Preschool Adv											
Preschool Adv II											
Station 1											
Station 2											
Station 3											
Station 4/5											
Intro to Diving											
<b>Puddle Jumper</b>											
Parent-Tot											
Parent-Tot II											
Preschool											
Preschool Adv											
Preschool Adv II											
Station 2											
<b>F15</b>											
Preschool											
Preschool Adv											
Preschool Adv II											
Station 1											
Station 2											
Station 3											
<b>Jet Stream</b>											
Parent-Tot											
Parent-Tot II											
Preschool											
Preschool Adv											
Preschool Adv II											
Station 1											
Station 2											
Station 3											
Station 4/5											
Intro to Diving											
Intro to Synchro											
Intro to Water Polo											
<b>Maverick</b>											
Parent-Tot											
Parent-Tot II											
Preschool											
Preschool Adv											
Preschool Adv II											
Station 1											
Station 2											
Station 3											
<b>Runway 35</b>											
Station 2											
Station 3											
<b>New Pool</b>											

future pool!!  
 COMING SOON

other programs