



PROGRAM OVERVIEW

Location **Monday** **Tuesday** **Wednesday** **Thursday** **Friday** **Saturday**

Tiny Turtles

For beginner swimmers, ages 5-8, that are comfortable in the water with no fear, eager to swim and have the ability to focus and engage with the instructor. | \$350 for 7 week lesson with a \$42.95 registration fee.

[Click me to sign up!](#)

Aurora Central *June *July		*4:00pm-4:25pm *4:30pm-4:55pm *4:00pm-4:25pm *4:30pm-4:55pm		*4:00pm-4:25pm *4:30pm-4:55pm *4:00pm-4:25pm *4:30pm-4:55pm		
Manual HS			5:15pm-5:40pm			
Denver West HS	4:45pm-5:10pm 6:00pm-6:25pm					

Big Turtles

For emerging swimmers, ages 5-9, that can jump in the pool, swim back to the wall, float on stomach and back unassisted, and swim half a 25 yard length pool. | \$350 for 7 week lesson with a \$42.95 registration fee.

Aurora Central *June *July		*5:00pm-5:40pm *5:45pm-6:25pm *5:00pm-5:40pm *5:45pm-6:25pm		*5:00pm-5:40pm *5:45pm-6:25pm *5:00pm-5:40pm *5:45pm-6:25pm		*9:30am-10:10am
Manual HS			4:30pm-5:10pm			
Denver West HS	4:00pm-4:40pm					

Starfish 1

For emerging swimmers, ages 6-10, that meet prior level prerequisites, can swim 10 yards of freestyle, swim on their back and dolphin kick for 1/2 a lap, and understand the concept of breaststroke. | \$315 for 7 week lesson with a \$42.95 registration fee.

Aurora Central *June *July		*4:00pm-4:40pm *4:30pm-5:10pm *6:15pm-6:55pm *4:30pm-5:10pm		*4:00pm-4:40pm *4:30pm-5:10pm *6:15pm-6:55pm *4:30pm-5:10pm		*10:15am-10:55am
Manual HS			4:00pm-4:40pm 5:45pm-6:25pm			
Denver West HS	4:30pm-5:10pm 5:15pm-5:55pm					

Starfish 2

For emerging swimmers, ages 6-11, that meet prior level prerequisites, can swim freestyle and backstroke 25 yards, understands the concept of butterfly and breaststroke, and can dive into the pool unassisted. | \$315 for 7 week lesson with a \$42.95 registration fee.

Aurora Central *June *July		*4:45pm-5:25pm *5:15pm-5:55pm *5:30pm-6:10pm *5:15pm-5:55pm		*4:45pm-5:25pm *5:15pm-5:55pm *5:30pm-6:10pm *5:15pm-5:55pm		*11:00am-11:40am
Manual HS			4:45pm-5:25pm			
Denver West HS	5:15pm-5:55pm					

Narwhals

For proficient swimmers, ages 9-12, that meet prior level prerequisites, can swim 50 yards of freestyle and backstroke, swim 25 yards butterfly and breaststroke, and can dive into the pool unassisted. | \$315 for 7 week lesson with a \$42.95 registration fee.

Aurora Central *June *July		*6:00pm-6:40pm *6:00pm-6:40pm		*6:00pm-6:40pm *6:00pm-6:40pm		*11:45am-12:25am
Denver West HS	6:00pm-6:40pm					

Swim Squad 1

Swim team for ages 8-11, that can swim freestyle, backstroke and are beginners in breaststroke and butterfly. | \$200 for 7 week lesson with a \$42.95 registration fee.

Aurora Central						
Manual HS			5:30pm-6:25pm			

Swim Squad 2

Swim team for ages 11-16, that can swim freestyle, backstroke and are beginners in breaststroke and butterfly. | \$200 for 7 week lesson with a \$42.95 registration fee.

Aurora Central						
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Swim Squad 3

Swim team for ages 11-16, that can swim freestyle, backstroke and are beginners in breaststroke and butterfly. | \$200 for 7 week lesson with a \$42.95 registration fee.

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PROGRAM OVERVIEW

Location **Monday** **Tuesday** **Wednesday** **Thursday** **Friday** **Saturday**

Private Lessons

For adult or youth (ages 5+ who are water safe) swimmers of various skillset ranges (beginner to ironman competitors) that require or prefer one-on-one training. \$600 for 7 week lesson with a \$42.95 registration fee.

Aurora Central *Private Lesson* *Traci Rock Lesson* *July Private Lesson*		<u>*4:00pm-4:25pm</u> <u>*4:30pm-4:55pm</u> <u>*5:00pm-5:25pm</u> <u>*5:30pm-5:55pm</u> <u>*6:00pm-6:25pm</u> <u>*6:30pm-6:55pm</u> <u>*6:30pm-6:55pm</u>				<u>*9:30am-9:55am</u> <u>*10:00am-10:25am</u> <u>*10:30am-10:55am</u> <u>*11:00am-11:25am</u> <u>*11:30am-11:55am</u> <u>*12:00am-12:25pm</u> <u>*12:30pm-12:55pm</u> <u>*12:30pm-12:55pm</u>
Manual HS *Private Lesson*			<u>*6:30pm-6:55pm</u>			
Denver West HS *Private Lesson*	<u>6:30pm-6:55pm</u>					

MONTH OVERVIEW

KEY

- Spring Session Start Date
- Spring Session End Date
- Holiday- CLOSED

JUNE							JULY							AUGUST						
MO	TU	WE	TH	FR	SA	SU	MO	TU	WE	TH	FR	SA	SU	MO	TU	WE	TH	FR	SA	SU
					1	2	1	2	3	4	5	6	7				1	2	3	4
3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11
10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18
17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25
24	25	26	27	28	29	30	29	30	31	1	2			26	27	28	29	30	31	

Swim Camp OVERVIEW

****Swim Camp is open for enrollment****

KEY

- Summer Break Full Day Camp
- Summer Break Half Day Mini Camp

JUNE							JULY						
MO	TU	WE	TH	FR	SA	SU	MO	TU	WE	TH	FR	SA	SU
					1	2	1	2	3	4	5	6	7
3	4	5	6	7	8	9	8	9	10	11	12	13	14
10	11	12	13	14	15	16	15	16	17	18	19	20	21
17	18	19	20	21	22	23	22	23	24	25	26	27	28
24	25	26	27	28	29	30	29	30	31	1	2		

Questions?
Call (303) 554-SWIM (7946)
 or email
welcome@swimmingsimply.com