



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	4:45pm-5:10pm 5:15pm-5:40pm 6:00pm-6:25pm 6:30pm-6:55pm	5:15pm-5:40pm 5:45pm-6:10pm 6:15pm-6:40pm		5:00pm-5:25pm 5:30pm-5:55pm		9:30am-9:55am
Denver West HS	6:30pm-6:55pm					
Morey Middle School				5:30pm-5:55pm		
Denver North High				6:00pm-6:25pm		
Adams City HS		4:30pm-4:55pm 4:30pm-4:55pm 5:00pm-5:25pm				

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	4:30pm-5:10pm 5:15pm-5:55pm 5:45pm-6:25pm 7:00pm-7:40pm	4:30pm-5:10pm 5:00pm-5:40pm 5:45pm-6:25pm 6:30pm-7:10pm 6:45pm-7:25pm				9:30am-10:10am 10:00am-10:40am 10:45am-11:25am
Denver West HS	6:30pm-7:10pm					
Morey Middle School			4:45pm-5:25pm 5:30pm-6:10pm	5:30pm-6:10pm 6:15pm-6:55pm		
Denver North High				6:00pm-6:40pm 6:30pm-7:10pm		
Adams City HS		5:45pm-6:25pm				

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	4:30pm-5:10pm 5:15pm-5:55pm 6:30pm-7:10pm			6:00pm-6:40pm		10:15am-10:55am 10:15am-10:55am 11:30am-12:10pm
Denver West HS	6:30pm-7:10pm					
Morey Middle School			4:45pm-5:25pm 5:30pm-6:10pm	6:00pm-6:40pm		
Denver North High				6:00pm-6:40pm		
Adams City HS		5:00pm-5:40pm 5:15pm-5:55pm 6:15pm-6:55pm 6:30pm-7:10pm				

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	6:00pm-6:40pm 6:45pm-7:25pm 7:15pm-7:55pm			6:45pm-7:25pm		10:00am-10:40am 11:00am-11:40am 11:45am-12:25pm 12:15pm-12:55pm
Denver West HS	7:15pm-7:55pm					
Morey Middle School			6:15pm-6:55pm	7:00pm-7:40pm		
Denver North High				7:15pm-7:55pm		
Adams City HS		5:30pm-6:10pm 6:00pm-6:40pm				

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	7:15pm-7:55pm					11:00am-11:40am 11:45am-12:25pm
Denver West HS	7:15pm-7:55pm					
Morey Middle School			6:15pm-6:55pm 7:00pm-7:40pm	6:45pm-7:25pm		
Denver North High				6:45pm-7:25pm		
Adams City HS		7:00pm-7:40pm 7:15pm-7:55pm				

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	5:00pm-5:55pm		5:00pm-5:55pm			9:45am-10:40am
Denver West HS	7:00pm-7:55pm					
Denver North High				6:45pm-7:40pm		

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	6:00pm-6:55pm		6:00pm-6:55pm			10:45am-11:40pm
----------------	---------------	--	---------------	--	--	-----------------

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.

Aurora Central	7:00pm-7:55pm		7:00pm-7:55pm			11:45am-12:40pm
----------------	---------------	--	---------------	--	--	-----------------



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* *MySpark Swimmers*	*4:30pm-4:55pm *7:30pm-7:55pm	*7:15pm-7:40pm *7:30pm-7:55pm		*7:30pm-7:55pm		*9:15am-9:40am *9:30am-10:10am *9:45am-10:10am *10:15am-10:40am *10:45am-11:10am *11:15am-11:40am *11:45am-12:10pm *12:15pm-12:40pm *12:30pm-12:55pm
Morey Middle School *Private Lesson*			*7:00pm-7:25pm	*7:30pm-7:55pm		
Denver North High *Private Lesson*				*7:30pm-7:55pm		
Adams City HS *Traci Rock Lesson* *Youth/Adult Private Lesson*		*4:45pm-5:10pm *5:15pm-5:40pm *5:45pm-6:10pm *6:15pm-6:40pm *6:45pm-7:10pm *7:15pm-7:40pm *6:45pm-7:10pm *7:15pm-7:40pm				

Women's Clinic

For adult swimmers (18+), who are intermediate swimmers and want to improve their water comfort and skill in freestyle, backstroke, breaststroke and butterfly. | \$235 for 7 week lesson with a \$42.95 registration fee.

Denver West HS				6:30pm-7:25pm		
Denver North High				6:30pm-7:30pm		
Morey Middle School			6:00am-7:00am			

MONTH OVERVIEW

****Session 2 and Swim Camp are open for enrollment****

KEY

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

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

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