



# PROGRAM OVERVIEW

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

**Turtles 1** 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. | \$305 for 6 week lesson with a \$42.95 registration fee.

	<a href="#">Click me to sign up!</a>					
<b>Aurora Central</b>	<a href="#">5:15pm-5:40pm</a> <a href="#">6:00pm-6:25pm</a> <a href="#">6:30pm-6:55pm</a>	<a href="#">5:15pm-5:40pm</a>				<a href="#">9:30am-9:55am</a>
<b>Morey Middle School</b>			<a href="#">6:15pm-6:40pm</a> <a href="#">7:00pm-7:25pm</a>			
<b>Denver North High</b>				<a href="#">6:15pm-6:40pm</a>		

**Turtles 2** 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. | \$305 for 6 week lesson with a \$42.95 registration fee.

<b>Aurora Central</b>	<a href="#">5:15pm-5:55pm</a> <a href="#">5:45pm-6:25pm</a> <a href="#">6:30pm-7:10pm</a> <a href="#">7:00pm-7:40pm</a>	<a href="#">5:45pm-6:25pm</a> <a href="#">6:30pm-7:10pm</a>				<a href="#">9:30am-10:10am</a> <a href="#">10:45am-12:25am</a>
<b>Morey Middle School</b>			<a href="#">5:30pm-6:10pm</a>			
<b>Denver North High</b>				<a href="#">6:15pm-6:55pm</a>		

**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. | \$275 for 6 week lesson with a \$42.95 registration fee.

<b>Aurora Central</b>	<a href="#">5:15pm-5:55pm</a> <a href="#">6:30pm-7:10pm</a>	<a href="#">5:15pm-5:55pm</a> <a href="#">7:15pm-7:55pm</a>				<a href="#">10:15am-10:55am</a>
<b>Morey Middle School</b>			<a href="#">5:30pm-6:10pm</a> <a href="#">6:45pm-7:25pm</a>			
<b>Denver North High</b>				<a href="#">6:15pm-6:55pm</a>		

**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. | \$275 for 6 week lesson with a \$42.95 registration fee.

<b>Aurora Central</b>	<a href="#">6:00pm-6:40pm</a> <a href="#">7:15pm-7:55pm</a>	<a href="#">6:00pm-6:40pm</a>				<a href="#">10:00am-10:40am</a> <a href="#">12:00pm-12:40pm</a>
<b>Morey Middle School</b>			<a href="#">5:30pm-6:10pm</a> <a href="#">6:15pm-6:55pm</a> <a href="#">7:05pm-7:45pm</a>			
<b>Denver North High</b>				<a href="#">7:00pm-7:40pm</a>		

**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. | \$275 for 6 week lesson with a \$42.95 registration fee.

<b>Aurora Central</b>	<a href="#">6:45pm-7:25pm</a>	<a href="#">6:45pm-7:25pm</a>				
<b>Morey Middle School</b>			<a href="#">6:15pm-6:55pm</a>			
<b>Denver North High</b>				<a href="#">6:45pm-7:25pm</a>		

**Swim Squad 1** Swim team for ages 8-11, that can swim freestyle, backstroke and are beginners in breaststroke and butterfly. | \$160 for 6 week lesson with a \$42.95 registration fee.

<b>Aurora Central</b>	<a href="#">5:30pm-6:25pm</a>		<a href="#">5:30pm-6:25pm</a>			<a href="#">11:00am-11:55am</a>
<b>Denver North High</b>				<a href="#">7:00pm-7:55pm</a>		

**Swim Squad 2** Swim team for ages 11-16, that can swim freestyle, backstroke and are beginners in breaststroke and butterfly. | \$160 for 6 week lesson with a \$42.95 registration fee.

<b>Aurora Central</b>	<a href="#">6:30pm-7:25pm</a>		<a href="#">6:30pm-7:25pm</a>			<a href="#">11:40am-12:35pm</a>
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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. Train with our Olympic level coach, Gavin Ross, for additional expertise. | \$525 or \$575 (with Gavin Ross) for 6 week lesson with a \$42.95 registration fee.

<b>Aurora Central</b> <i>*Traci Rock lessons*</i>	7:20pm-7:45pm 7:30pm-7:55pm	7:30pm-7:55pm		7:00pm-7:25pm 7:30pm-7:55pm		<a href="#">9:15am-9:40am</a> <a href="#">9:45am-10:10am</a> <a href="#">10:15am-10:40am</a> <a href="#">10:45am-11:10am</a> <a href="#">11:15am-11:40am</a> <a href="#">11:45am-12:10am</a> <a href="#">12:15pm-12:40pm</a>
<b>Morey Middle School</b>			7:30pm-7:55pm			
<b>Denver North High</b>				7:30pm-7:55pm		

### 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. | \$200 for 6 week lesson with a \$42.95 registration fee.

<b>Denver North High</b>				6:30pm-7:30pm		
<b>Morey Middle School</b>			6:00am-7:00am			

# MONTH OVERVIEW

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

**KEY**

- Session 1
- Session 2
- Swim Camp
- Holiday- CLOSED
- Closed Business

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

**Questions?**  
**Call (303) 554-SWIM (7946)**  
**or email [welcome@swimmingsimply.com](mailto:welcome@swimmingsimply.com)**