

SWIMMING CLASS DESCRIPTIONS



AQUA BLAST – A 60 minute interval training class in the water, alternating 1 minute bursts of high-intensity cardiovascular movement with 2 minute recovery periods.

AQUA FITNESS – This class is designed to challenge students in a resistive water environment. Participants use both deep water and shallow water moves that involve little or no impact. Various types of flotation equipment is used and no swimming is involved.

KIDS SUMMER CLINICS – Summer Clinics run in the months of June and July for children ages 4—11. Sign up your child for one week sessions, running Mon.—Thurs. and costing \$50 per week at the front desk. There is a \$15 non-member fee per week.

KIDS' STROKE DEVELOPMENT SWIM CLASSES -- Sign-ups for classes take place on a monthly basis, payment due on first day of class. Please contact Anna Scott at pettiscott@comcast.net or 303-748-8371 to register and for pricing information.

MASTERS STROKE DEVELOPMENT – This class is geared towards swimmers who would like to start taking the masters swim training classes, and would also like to learn proper form and swim technique. This class will ease transition into the master class.

PRIVATE CHILDREN'S SWIM LESSONS -- Private Kids' lessons take place from 3-5pm M/W/F and 2:30pm-4:30 pm on T/TH with Anna. The lessons only use one lane, and sharing lanes is encouraged! Contact Anna to sign your child up for private lessons, available for children aged 2—7 years.

SENIOR FIT CLUB – Classes for active older adults. Sign up at the front desk and pick up a brochure from across the front desk.

SWIM TRAINING – Participants usually swim about 2500--3000 meters, but can modify the class based on their individual needs and strengths. And instructor provides help with strokes, starts and turns.

SWIM TRAINING WITH DAVE SCOTT – This class is similar to Swim Training, but is geared more toward triathlon training, with workouts specifically designed for the multi-sport athlete. Most

participants compete during the triathlon racing season, so the workouts are based on a year-round training cycle and include stroke work.

SWIMMING TIPS

- Orange cones in front of a lane indicate that a class is in progress in that lane. If no lanes are available, speak to the swim instructor about sharing or contact Aquatics Director, Wolfgang Dittrich.
- During the summer months, please expect to share lap lanes while swimming. Split a lane with one other swimmer, or circle swim (swimming with people of similar ability in a counter clockwise rotation) if sharing with more than 1 person.
- One (1) open lane is kept available during all swim classes except Sundays from 10—11:30am. Some experienced swimmers may appear to be swimming in a class when they are in fact swimming on their own. Don't be shy! Please ask to share a lane.
- Please note that all water aerobic classes will move indoors during inclement weather.

For PRIVATE SWIM LESSONS, please contact

Adult Lessons

Jane Scott: 303-786-8561
jascott@indra.com

Adult and Children Lessons

Anna Scott 303.748.8371
pettiscott@comcast.net

Wolfgang Dittrich 303-475-8857
dittrichswim@aol.com