



# COMMERCE CITY INDOOR POOL INFORMATION



## For your enjoyment, please prepare to observe the following safety guidelines and pool policies during your visit:

- Instructions from the lifeguard must be obeyed at all times
  - Please be courteous. Foul language, horseplay, fighting or abusive behavior will not be tolerated.
- Proper swim attire is required.
  - Basketball shorts, other sportswear, cotton, or any other clothing that is not specifically made for use in a swimming pool is prohibited.
  - Personal safety devices must be removable and non-inflatable. Water wings, floatation suits, and swim trainers are not allowed.
- Age requirements
  - Children age 5 and younger must be accompanied in the water and within arm's reach by an adult age 18 or over.
  - A person age 16 or older must remain on the pool deck and directly supervise any child between the ages of 6-11 in the pool.
  - Children age 12 and older may swim without adult supervision.
  - A swim test must be passed by any patron wishing to swim in the deep end regardless of age.
  - Children who are not toilet trained must wear swim diapers.

### Additional guidelines:

- Changing clothes on deck is prohibited.
- Acceptable personal pool equipment includes noodles, kickboards, beach balls, dive sticks, other soft balls, and infant inflatable's with a seat in the bottom; however use of all items is up to the discretion of the lifeguard.
- Flotation devices are not allowed in any area where the user cannot touch the bottom of the pool.
- Use of facility aquatic equipment is not allowed during open swim times.
- Diving is only allowed in the 9ft area.
- No running.
- All swimmers must shower before entering the pool area.
- Food, gum, alcohol, and glass containers are not allowed in the pool area. Drinks in sealable, spill proof containers are permitted.





# ACTIVITIES

## Swim on your schedule



### Open Swim

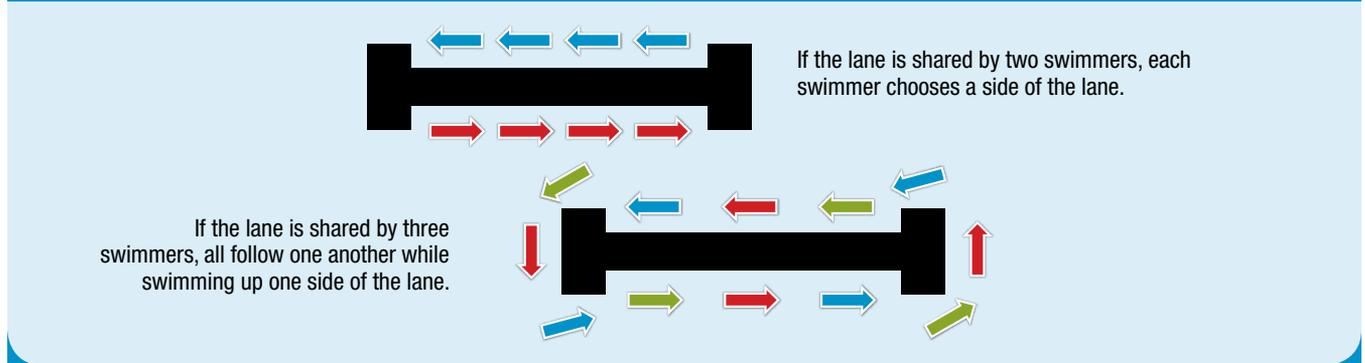
Open to all ages. The slide is available upon request.

### Lap and Adult Swim

Ages 16 and up. Lane lines are reserved for lap swimming only. Water walking, free swim, and other activities are available on the open side of the pool. Lane sharing is required during high use times. Please refer to the diagram below for lane sharing instructions.

ACTIVITY	MON	TUE	WED	THURS	FRI	SAT	SUN
ADULT SWIM	5:30 a.m.- 1:30 p.m.	8 a.m.- 1:30 p.m.	8 a.m.- 11:30 p.m.				
OPEN SWIM	1:30-4:30 p.m. 7:30-9 p.m.	1:30-4:30 p.m. 7:30-9 p.m.	1:30-4:30 p.m. 7:30-9 p.m.	1:30-4:30 p.m. 7:30-9 p.m.	1:30-9 p.m.	1:30-5 p.m.	11:30 a.m.- 5 p.m.
LAP SWIM	5:30 a.m.- 1:30 p.m. 4:30- 7:30 p.m.*	8 a.m.- 1:30 p.m.	8 a.m.- 11:30 p.m.				

*\*Limited lane availability due to other programs.*



### POOL ACCESSIBILITY

Access to the swimming pool includes zero-depth stairs and an accessible ramp, both equipped with hand rails, and a wheelchair accessible 400 lb. capacity Gallatin Power Hydrolift.



## WHAT ARE THE 6 PROGRAM LEVELS?

### Level 1 Water Adjustment

is appropriate if your child:

- Has a fear of the water
- Will not put their face in the water
- Can hold on to the side of the pool independently

*~ Designed for children who are new to, or slightly afraid of, the water.*

### Level 2 Fundamentals

is appropriate if your child:

- Will put their face in the water
- Can perform a supported float without apprehension
- Will explore the water freely without fear

*~ Teaches independent floating, basic stroke techniques and water safety.*

### Level 3 Independent Swim

is appropriate if your child:

- Can perform a front and back float independently
- Will jump into 3-4 feet of water without assistance
- Can swim 10 yards of elementary backstroke

*~ Combines breathing, stroke technique and distance swimming.*

### Level 4 Stroke Techniques

is appropriate if your child:

- Can swim half the pool length without stopping
- Is efficient in side breathing technique
- Can jump into 9 feet of water without assistance

*~ Builds endurance and improves stroke techniques.*

### Level 5 Stroke Mechanics

is appropriate if your child:

- Can efficiently swim 1 pool length without stopping
- Can tread water continuously for at least 3 minutes
- Has been introduced to all kicking and stroke styles

*~ Refines strokes in preparation for competitive swimming.*

### Level 6 Swim Team Prep

is appropriate if your child:

- Can swim a minimum of 2 laps without stopping
- Is efficient in all competition strokes (front crawl, backstroke, butterfly, and breast stroke)

*~ Focuses on endurance and competitive swimming skills.*

### Unsure which level is best for your child?

Call the aquatics office at 303-289-3711 to speak with a swimming program specialist about your child's abilities or to schedule a free assessment at the pool.

### Water Babies: Ages 6-17 months

This introductory class is designed to introduce infants to the water while parents will learn how to work with their child safely in the water.

### Parent-tot: Ages 18 months to 2 years old

This class for toddlers is designed to help parents learn how to handle their child safely in the water while the children learn basic swimming and water safety skills, build confidence, and become comfortable in and around the pool.

### Adult Lessons: ages 16 and over

Group lessons suitable for all skill levels. Sign up to learn how to swim, build endurance, or learn new skills to enhance your stroke.

### Young Adult Lessons: Ages 13-15

This class is for young adults with minimal or no swimming ability. It focuses on teaching fundamental skills such as floating, breath control, the front crawl, and water safety.

See pages 28-30 for lesson fees and schedule.



# GROUP LESSONS



## MONDAY/WEDNESDAY EVENING SWIMMING LESSONS

Level	Class time	Session 1 1/9-2/8	Session 2 2/20-3/22	Session 3 4/3-5/3
Water Adjustment/Level 1 ages 3-5	4:30-4:55 p.m.	6101.105	6102.105	6103.105
	6-6:25 p.m.	6101.106	6102.106	6103.106
Fundamentals/Level 2 ages 3-5	5-5:25 p.m.	6201.105	6202.105	6203.105
	6:30-6:55 p.m.	6201.106	6202.106	6203.106
Fundamentals/Level 2 ages 6-12	4:30-5:15 p.m.	6211.106	6212.106	6213.106
	5:30-6:15 p.m.	6211.107	6212.107	6213.107
	6:30-7:15 p.m.	6211.108	6212.108	6213.108
Independent Swim/Level 3 ages 3-5	5:30-5:55 p.m.	6301.105	6302.105	6303.105
	7-7:25 p.m.	6301.106	6302.106	6303.106
Independent Swim/Level 3 ages 6-12	4:30-5:15 p.m.	6311.106	6312.106	6313.106
	5:30-6:15 p.m.	6311.107	6312.107	6313.107
	6:30-7:15 p.m.	6311.108	6312.108	6313.108
Stroke Techniques/Level 4 ages 6-12	4:30-5:15 p.m.	6401.103	6402.103	6403.103
Stroke Mechanics/Level 5 ages 6-12	5:30-6:15 p.m.	6501.103	6502.103	6503.103
Swim Team Prep/Level 6 ages 8-17	6:30-7:30 p.m.	6811.102	6812.102	6813.102

## TUESDAY/THURSDAY EVENING SWIMMING LESSONS

Level	Class time	Session 1 1/10-2/9	Session 2 2/21-3/23	Session 3 4/4-5/4
Water Adjustment/Level 1 ages 3-5	4:30-4:55 p.m.	6101.101	6102.101	6103.101
	6-6:25 p.m.	6101.102	6102.102	6103.102
Fundamentals/Level 2 ages 3-5	5-5:25 p.m.	6201.101	6202.101	6203.101
	6:30-6:55 p.m.	6201.102	6202.102	6203.102
Fundamentals/Level 2 ages 6-12	4:30-5:15 p.m.	6211.101	6212.101	6213.101
	5:30-6:15 p.m.	6211.102	6212.102	6213.102
	6:30-7:15 p.m.	6211.103	6212.103	6213.103
Independent Swim/Level 3 ages 3-5	5:30-5:55 p.m.	6301.101	6302.101	6303.101
	7-7:25 p.m.	6301.102	6302.102	6303.102
Independent Swim/Level 3 ages 6-12	4:30-5:15 p.m.	6311.101	6312.101	6313.101
	5:30-6:15 p.m.	6311.102	6312.102	6313.102
	6:30-7:15 p.m.	6311.103	6312.103	6313.103
Stroke Techniques/Level 4 ages 6-12	4:30-5:15 p.m.	6401.101	6402.101	6403.101
Stroke Mechanics/Level 5 ages 6-12	5:30-6:15 p.m.	6501.101	6502.101	6503.101
Young Adult/Level 6 ages 13-15	6:30-7:30 p.m.	6611.101	6612.101	6613.101

### NEW Swimming Lesson Fees

	M/W and T/Th Sessions		Saturday Session	
	Resident	Nonresident	Resident	Nonresident
25 min classes	\$20	\$28	\$10	\$14
45 mins classes	\$25	\$33	\$12.50	\$16.50
Swim Team Prep	\$30	\$38	\$15	\$19



# SWIMMING REGISTRATION

Online registration opens for residents a day earlier than walk-in and phone registration



## SATURDAY MORNING SWIMMING LESSONS

Level	Class time	Session 1 1/14-2/11	Session 2 2/25-3/25	Session 3 4/8-5/6
Water Babies/ages 6-17mos	9-9:25 a.m.	6001.101	6002.101	6003.101
Parent Tot/ages 18mos-2yrs	9:30-9:55 a.m.	6001.102	6002.102	6003.102
Water Adjustment/Level 1 ages 3-5	9-9:25 a.m.	6101.103	6102.103	6103.103
	10:30-10:55 a.m.	6101.104	6102.104	6103.104
Fundamentals/Level 2 ages 3-5	9:30-9:55 a.m.	6201.103	6202.103	6203.103
	11-11:25 a.m.	6201.104	6202.104	6203.104
Fundamentals/Level 2 ages 6-12	10-10:45 a.m.	6211.104	6212.104	6213.104
	11-11:45 a.m.	6211.105	6212.105	6213.105
Independent Swim/Level 3 ages 3-5	10-10:25 a.m.	6301.103	6302.103	6303.103
	11:30-11:55 a.m.	6301.104	6302.104	6303.104
Independent Swim/Level 3 ages 6-12	10-10:45 a.m.	6311.104	6312.104	6313.104
	11-11:45 a.m.	6311.105	6312.105	6313.105
Stroke Techniques/Level 4 ages 6-12	9-9:45 a.m.	6401.102	6402.102	6403.102
Stroke Mechanics/Level 5 ages 6-12	10-10:45 a.m.	6501.102	6502.102	6503.102
Swim Team Prep/Level 6 ages 8-17	11 a.m.-Noon	6811.101	6812.101	6813.101
Adult/ages 16 & up	9-9:45 a.m.	6601.101	6602.101	6603.101

### Need to set up an online account?

- To set up an online registration account, visit <https://apm.activecommunities.com/c3gov/Home>
- Once your account has been activated, please call the registration office at 303-289-3789 or the aquatics office at 303-289-3711 to have additional family members added to your account.
- In order to allow enough time to be able to register a family member, your online account should be created no later than the Wednesday prior to the next registration date.

**Important!** – Online registration accounts must be set up at least 48 hours in advance, weekends excluded, and children or other family members can only be added to your account by a recreation staff member.

### Online Registration: Opens at 9:30 a.m.

- Residents:
  - Session 1: Wednesday, December 28, 2016
  - Session 2: Monday, February 13
  - Session 3: Monday, March 27
- Nonresidents:
  - Session 1: Thursday, December 29, 2016
  - Session 2: Tuesday, February 14
  - Session 3: Tuesday, March 28

### Walk-in & Phone Registration: Opens at 9:30 a.m.

- Residents & Nonresidents
  - Session 1: Thursday, December 29
  - Session 2: Tuesday, February 14
  - Session 3: Tuesday, March 28

### Registration sessions close at 5:30 p.m. on the following dates:

- Session 1: Wednesday, January 4
- Session 2: Wednesday, February 15
- Session 3: Wednesday, March 29

*Registration for residents opens one day earlier and available class space cannot be guaranteed.*



# SPECIALTY PROGRAMS



## Private and Semi-private Swim Lessons

Excel in swimming with one-on-one instruction. Days and times are arranged between student and instructor. Participants of all ability levels, ages 3 and up, are welcome. Private and semi-private lessons are limited to a maximum of 10 lessons per registration. To arrange lessons, call 303-289-3781.

Private (1 person/30 minutes)      \$20/\$26  
Semi-private (2 people/30 minutes)      \$26/\$38

### Group Discounts

Qualifying organizations and groups (e.g. public or private daycares, scout troops, church groups, birthday parties, etc.) may use the pool at special rates during scheduled open swim times. A minimum of 15 people are needed to qualify for this rate and the arrangements must be scheduled at least one week in advance. For every five children under the age of 12, one adult must be in the water with them and proper swim attire is required. To arrange a group rate, call the aquatics coordinator at 303-289-3711.

### Fee per swimmer

\$1.50 child/youth  
\$2.50 adult/supervisor

### Parties/Rentals

Make a splash at your next birthday party. Parties include free swimming during open swim times and two hours in a party room. Reservations are required at least two weeks in advance and payment is due when your party is reserved. To book your party, please call the registration office at 303-289-3789.

### Rates

- \$60/66 plus tax (resident/nonresident rate) includes admission for up to 15 people
- Additional swimming guests: \$1.50 (per person) child/youth, \$2.50 (per person) adult

*Cabana rentals for Paradise Island will be taken beginning April 1, 2017. Different pricing and policies will apply.*

## HEALTHWAYS SilverSneakers FITNESS WATER FITNESS CLASSES

Ages: 16 and older for all classes  
Cost: \$3/\$5 drop in with Recreation Play Pass  
Free for SilverSneakers® members and monthly pass holders

ACTIVITY	Time	Low Impact	Low Intensity	Medium Impact	Medium Intensity	High Impact	High Intensity
Liquid Silver	Tue/Thur 9:30-10:30 a.m.	X	X				
Fluid Motion	Mon/Wed 8-9 a.m.		X	X			
Ebb & Flow	Mon/Wed 5:30-6:30 p.m.			X	X		
Hydro Power	Tue/Thur 6-7 p.m.					X	X
Aqua Zumba	Mon 6:30-7:30 p.m.	X			X		