

Aviator Pool Hours

8054 E. 28th Avenue
 720.941.3414
 Open Swim Monday-Sunday 10:00 a.m. – 6:45 p.m.
 Aquatic Programming Monday-Thursday, Saturday 6:00 a.m. – 11:00 a.m.
 Monday/Wednesday 5:00 p.m. – 6:30 p.m.

Puddle Jumper Pool Hours

2401 Xenia Street
 303.393.0018
 Open Swim Monday-Sunday 10:00 a.m. – 6:45 p.m.
 Aquatic Programming Monday-Thursday, Saturday 8:00 a.m. – 10:00 a.m.

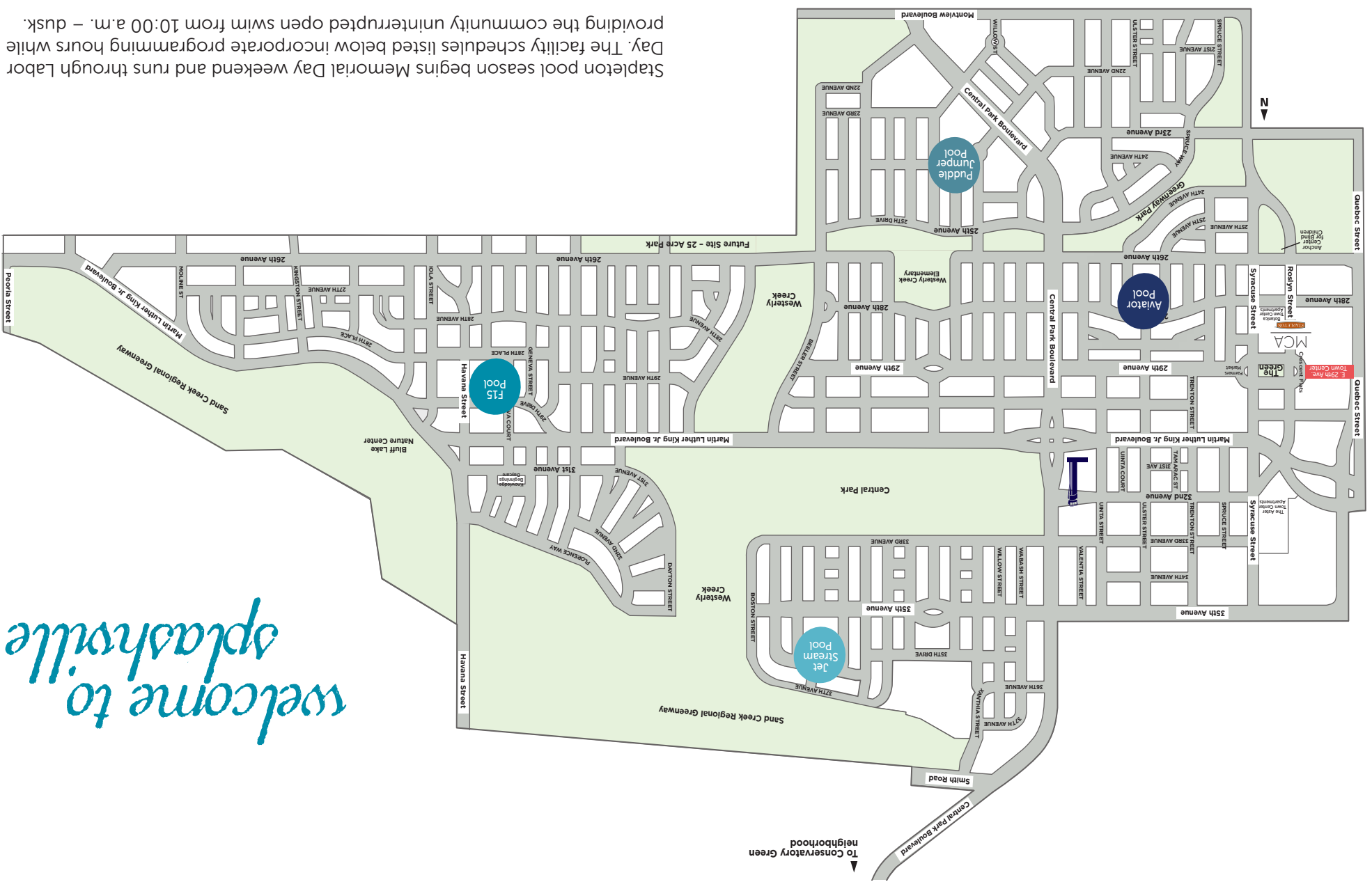
Jet Stream Pool Hours

8054 E. 28th Avenue
 720.941.3414
 Open Swim Monday-Sunday 11:00 a.m. – 6:45 p.m.
 Aquatic Programming Monday-Thursday, Saturday 6:00 a.m. – 11:00 a.m.
 Tuesday/Thursday 5:00 p.m. – 6:30 p.m.

F15 Pool Hours

2401 Xenia Street
 303.393.0018
 Open Swim Monday-Sunday 11:00 a.m. – 6:45 p.m.
 Aquatic Programming Monday-Thursday, Saturday 9:00 a.m. – 11:00 a.m.
 Tuesday/Thursday 5:00 p.m. – 6:30 p.m.

Stapleton pool season begins Memorial Day weekend and runs through Labor Day. The facility schedules listed below incorporate programming hours while providing the community uninterrupted open swim from 10:00 a.m. – dusk.



welcome to splashville



Admission Fees & Guest Passes

Stapleton pools are open to the public. Access to the pools is available on a first-come, first-serve basis. All non-residents or residents without a membership card must pay a daily entrance fee in order to enter the facilities.

Daily Entrance Fees

Non-resident daily entrance (Monday-Friday)	\$8
Resident/non-resident daily entrance (Saturday-Sunday & holidays)	\$10
Resident discount daily entrance (Monday-Friday)	\$5
Annual Resident Membership Cards	\$20
Online renewal of Resident Membership Card (if renewed prior to the card's expiration date)	\$10

Children under one are FREE.
 Guest fees are non-refundable and rain checks are not given on inclement weather days.

Stapleton Resident Membership Card

All Stapleton residents ages twelve months and older access the pools using their Resident Membership Card. Resident Membership Cards are valid one year from purchase. Cards must be renewed annually. For information and details on obtaining or renewing your Resident Membership Cards, please refer to our website: stapletoncommunity.com under "ACT NOW!".

Resident Guest Passes

Stapleton residents may purchase pre-paid Guest Passes at a discounted fee; however, a resident must be present with their guest. Guest Passes expire at the end of each season.

5-Visit Guest Pass \$25
Unlimited Guest Pass \$60 (Limit 4 per household)
 Resident Membership Card and Guest Passes are available for purchase weekdays at the MCA office, or during open swim at any one of the pools. First time card requests must verify residency prior to issuing cards via an online account or in person at the MCA office.

For more information on how to obtain Resident Membership Cards please reference our website under ACT NOW!

MCA
 STAPLETON
 2823 Roslyn Street
 Denver, CO 80238
 303.388.0724



2013 Aquatics Guide

MCA
 STAPLETON



swim programs

The Stapleton MCA offers a variety of swim lessons to accommodate all ages and abilities of swimmers. Lessons are available at all four facilities. **REGISTRATION OPENS MARCH 15 at NOON**

All aquatic programs open to the public • April 1
Non-resident registration form available on our website.

Swim Lessons: 6 months to 3 years

Parent Tot Infant: 6-24 months One parent per child	Water Adjustment – This fun program introduces parents and baby to the water. Skills include water adjustment, leg action, exploring buoyancy on front and back, floating with support and rolling over.
Parent Tot II Toddler: 24-36 months One parent per child	Fundamentals – This fun program introduces parents and child to the basic fundamentals using games and songs. Skills learned include blowing bubbles, change of direction, floating on front and back (with support) leg and arm action, jumping in and rolling over.

Swim Lessons: 3 to 5 years

Preschool 3-5 years	Participants will be introduced to basic skills including—blowing bubbles, bobs, water adjustment, kicking, floating and turning over on their back. Class incorporates games, activities and water safety skills.
Preschool Advanced 3-5 years	For swimmers that are comfortable with their faces and ears in the water. Class includes stroke development, breath coordination, safety, swimming on front/back and deep water exploration.
Preschool Advanced II 3-5 years	For students that are swimming independently without support. Skills taught include rhythmic breathing, front/back crawl, elementary backstroke, sit/kneel dives and changing directions. (Skills same as Station 2.)

Swim Lessons: 6+ years

Child/Youth Station 1 6+ years	Fundamental Aquatic Skills – Class is for students new to the water. Introduces swimmers to the fundamental skills such as water entry, exit, opening eyes under water, floating, gliding and water safety.
Child/Youth Station 2 6+ years	Stroke Development – Class is for students who can move through the water unassisted. Skills learned include bobbing rhythmic breathing, front/back crawl, sit/kneel dives and changing directions.
Child/Youth Station 3 6+ years	Stroke Improvement – Class is for students ready for deeper waters. Builds on previous skills learned in addition to swimming underwater, breaststroke, elementary backstroke, side-stroke, butterfly, open turns, compact and stride jumps, surface dives and water safety.
Child/Youth Station 4/5 6+ years	Stroke Refinement/Fitness Swim – Designed for students who can swim 25 yards/meters front, back and elementary back stroke. Skills learned will include butterfly, breaststroke, sidestroke, flip turns, treading water, shallow dives, including survival floating and water safety.
Springboard Diving 6+ years	Springboard diving is for students who are comfortable in the deep end (12 ft.) and skilled in a shallow-angle head first entry, (i.e., enter the water at a slight angle) swim parallel to the surface, steer back to the surface and then begin stroking. Springboard Diving Level I: Session 1: June 18 – June 28 Session 2: July 2 – July 13 Session 3: July 16 – July 26

Weekdays Monday–Thursday 25 minute lessons Resident: \$50 Non-resident: \$60	Session 1: June 10 – June 20 Session 2: June 24 – July 5 Session 3: July 8 – July 18 Session 4: July 22 – Aug 1 Session 5: Aug 5 – Aug 15
Evenings :: Aviator Monday/Wednesday 25 minute lessons Resident: \$50 Non-resident: \$60	Session 1: June 10 – July 3 Session 2: July 8 – July 30
Evenings :: F15 & Jet Stream Tuesday/Thursday 25 minute lessons Resident: \$50 Non-resident: \$60	Session 1: June 11 – July 5 Session 2: July 9 – Aug 1

SWIM LESSONS Sessions & Schedule

Aviator, Puddle Jumper, F15 Saturday 25 minute lessons Resident: \$33 Non-resident: \$39	25 minute lessons Session 1: June 15 – July 13 Session 2: July 20 – Aug 17
Sunday :: Jet Stream 25 minute lessons for ages 3-5 Resident: \$33 Non-resident: \$39	50 minute lessons for ages 6+ Resident: \$61 Non-resident: \$73 Session 1: June 16 – July 14 Session 2: July 21 – Aug 18

	Weekday Lessons Monday–Thursday				Evening Lessons Tuesday/Thursday			Weekend Lessons Saturday/Sunday			
	9:00	9:30	10:00	10:30	5:00	5:30	6:00	9:00	9:30	10:00	10:30
Aviator											
Parent-Tot (Infant)	●							●			●
Parent-Tot (Toddler)			●							●	
Preschool	●	●	●		●	●		●	●	●	
Preschool Adv		●	●		●	●	●		●	●	●
Preschool Inter	●	●			●	●		●	●		●
Station 1	●	●	●				●				
Station 2			●	●			●			●	
Station 3		●	●			●	●				
Station 4/5				●							
Springboard I				●							
PJ											
Parent-Tot (Infant)		●						●			
Parent-Tot (Toddler)			●						●		
Preschool		●						●			
Preschool Adv			●						●		
Preschool Inter		●	●					●	●		
F15											
Preschool		●	●	●		●	●	●		●	●
Preschool Adv		●		●		●	●		●	●	●
Preschool Inter		●	●	●		●	●			●	
Station 1		●	●								
Station 2		●		●			●		●		
Station 3				●			●				●
Jet Stream											
Parent-Tot (Infant)				●							
Parent-Tot (Toddler)		●									
Preschool		●	●			●	●	●			
Preschool Adv		●	●	●		●	●	●			
Preschool Inter		●	●	●		●					
Station 1				●						●	
Station 2		●					●			●	
Station 3				●			●			●	
Station 4/5				●							
Springboard I				●							

special programs

Private Lessons
Private instruction with highly motivated friendly instructors. Ideal for adults and children. 30 minutes. Instructor availability opens June 4.

One instructor per one participants Resident: \$28 Non-resident: \$35	One instructor per TWO participants Resident: \$38 Non-resident: \$52
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Stapleton Stingrays @ Jet Stream
This team is specifically for the recreational swimmer. All swimmers that register for the recreational team will be given the opportunity to swim in as few or as many swim meets their schedule/comfort level allows. The recreational team schedule will end the weekend of July 20th with special events running through the first week of August.

Stapleton Stingrays Metro League @ Aviator
This team is specifically for swimmers that want to compete. All swimmers that register for the metro league will be expected to compete in a minimum of 3 meets, allowing each swimmer up to three individual events, and two relays per competition. The metro league season will be extended through the last weekend in July for those swimmers that qualify for the Colorado State Championship Meet.

Stapleton Squirts
This 8 week program is specifically for 5 and 6 year olds new to swim team. Practice will begin the week of June 3rd and be held two days a week. Practice will focus on refining the crawl stroke and backstroke, while improving stamina for continuous lap swimming.

Junior Lifeguard Program
This program will offer youth the opportunity to learn about water safety, first aid, CPR/AED all while exposing each one to the techniques and skills necessary to becoming a professional rescuer.
For more information, please check out the link to the "Junior Lifeguard Program" on our website stapletoncommunity.com or e-mail pools@stapletoncommunity.com.

adults

Swim Conditioning
Whether you are a novice or an expert year-round swimmer, Stapleton's Adult Swim Conditioning Program will adapt to your needs and provide a swimming experience unlike most. The program will have two areas of concentration.

Time: 6:00 a.m. – 7:00 a.m. 10-week session Resident: \$100

Masters Swim at Aviator Pool
Monday/Wednesday
Workouts with a competitive feel
June 4 – August 13

TRI-TRAINING at Jet Stream
Tuesday/Thursday
Focus on stroke work
June 5 – August 9



Extended Season: August 14 – AUGUST 30
Swim Conditioning will be extended for an additional three weeksession if a minimum of 6 or more participants register by August 1.