

# facility hours

All outdoor pool facilities will open for Memorial Day weekend and close for the season after Labor Day weekend.

Address	Program	Days	Hours
8054 E. 28th Avenue	Aviator Pool Hours	Open Swim Monday-Sunday	11:00 a.m. – 6:45 p.m.
8574 Alton Street	Jet Stream Pool Hours	Open Swim Monday-Sunday	11:00 a.m. – 6:45 p.m.
2401 Xenia Street	Puddle Jumper Pool Hours	Open Swim Monday-Sunday	11:00 a.m. – 6:45 p.m.
303.393.0018	Aviator Pool Hours	Open Swim Monday-Sunday	11:00 a.m. – 6:45 p.m.
303.355.5078	Aviator Pool Hours	Open Swim Monday-Sunday	11:00 a.m. – 6:45 p.m.
303.371.8701	Aviator Pool Hours	Open Swim Monday-Sunday	11:00 a.m. – 6:45 p.m.
8822 Beekman Place	Aviator Pool Hours	Open Swim Monday-Sunday	11:00 a.m. – 6:45 p.m.

For schedule updates visit our website or Facebook page. [www.facebook.com/stapletonmca](http://www.facebook.com/stapletonmca)

## swim team

**Swim Team**  
The Stapleton Swim and Dive Team is designed to develop each swimmer to his or her greatest potential. Swimmers will practice and work together in an atmosphere that builds self-confidence, promotes positive team spirit, teaches/improves stroke performance and builds endurance. The 2015 season is scheduled to start the week of May 18th and run through the end of July.

**Metro League at Runway 55**  
This competitive team is for swimmers ages 6-18. Practice will be offered Monday-Thursdays mornings or Monday-Wednesday evenings. This team will compete in dual meets against Virginia Vale, Crestmoor, Skyline, CACM and Eastmoor. Team suits are required.

**Dive Team**  
Details available online at [www.stapletoncommunity.com](http://www.stapletoncommunity.com).

**SSL @ Aviator or Jet Stream**  
This league is geared toward swimmers ages 6-12. Practice will be offered Monday-Thursdays mornings. Swimmers will have the option to participate in SSL swim meets on Saturday mornings. Meet participation/team suits are optional, but recommended.

**Squirts @ Aviator or Jet Stream**  
This 2-day/week program is for 5 and 6 year olds that have completed Station 3 and are NEW to swim team. Squirts will focus on refining the crawl and backstroke, while improving stamina for continuous lap swimming. If your swimmer is interested in swimming 4 days per week, we encourage you to register for the SSL 8 and under program. Practice schedules and additional details are available online at [www.stapletoncommunity.com](http://www.stapletoncommunity.com).

## adult programming

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 unique swimming experience.

Program	Days	Hours
10-Week session	Resident: \$125 Nonresident: \$165	
Masters :: Aviator	Monday/Wednesday or Tuesday/Thursday	6:00 a.m. – 7:00 a.m.
Tri-training :: Jet Stream	Tuesday/Thursday	6:00 a.m. – 7:00 a.m.
Masters & Drop-in Adult Lap Swim :: Runway 55	Monday/Wednesday Tuesday/Thursday	5:30 a.m. – 7:00 a.m. 6:00 a.m. – 7:00 a.m.

## PHOTO COMING

**"DAY-OF" Party Pad Rental: \$20/2-hour Block**  
Available on a first-come, first-serve basis to Stapleton residents. Set-up not included.

**Party Pad Fees**  
\$150 per block – Stapleton Residents  
\$250 per block – Nonresidents  
\$3/person for each nonresident guest over the 20 person limit (due the day of the event per final head count).

**Rental Blocks Available**  
Aviator, F15 & Jet Stream:  
12:00 p.m. – 2:30 p.m. | 3:00 p.m. – 5:30 p.m.  
Puddle Jumper:  
11:00 a.m. – 1:30 p.m. | 12:00 p.m. – 2:30 p.m.  
2:00 p.m. – 4:30 p.m. | 3:00 p.m. – 5:30 p.m.

at MCA.  
blocks listed below. Reserve online or in person  
Pads available for reservations. Rentals are  
offered in 2.5 hour increments. Available time  
Aviator, Jet Stream, and F15 are all equipped  
with 1 Party Pad. Puddle Jumper has 2 Party  
Pads available for reservations. Rentals are  
offered in 2.5 hour increments. Available time  
with shade and seating for up to 20 people.  
Pad includes premium reserved deck space  
conveniently located at each pool facility for  
optimum access and entertaining. Each Party  
by reserving one of our outdoor Party Pads  
Come celebrate your birthday or occasion

## party pad reservations

2015

Aquatics Guide



MCA  
STAPLETON

## 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 nonresidents or residents without a Resident Membership Card must pay the daily entrance fee in order to enter the facilities.

### Daily Entrance Fees

Resident discount daily entrance (Monday-Friday)	\$5
Nonresident daily entrance (Monday-Friday)	\$8
Resident/Nonresident daily entrance (Saturday-Sunday & holidays)	\$10
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 may access the pools using their Resident Membership Card. Resident Membership Cards are valid for one year from the purchase date. Cards must be renewed annually. For information and details on obtaining or renewing your Resident Membership Cards, please visit [www.stapletoncommunity.com](http://www.stapletoncommunity.com).

### 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-Punch Guest Pass: \$25    10-Punch Guest Pass: \$50  
Unlimited Guest Pass: \$80    20-Punch Guest Pass: \$100  
(limit 4 per household)

Resident Membership Cards 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 Card, please visit [www.stapletoncommunity.com](http://www.stapletoncommunity.com).

MCA  
STAPLETON  
2823 Roslyn Street  
Denver, CO 80238  
303.388.0724





# programming at the pools

The Stapleton MCA offers a variety of swim lessons and programming to accommodate all ages and abilities of swimmers.

**RESIDENT SWIM TEAM REGISTRATION OPENS MARCH 9 AT NOON**  
**RESIDENT SWIM LESSON REGISTRATION OPENS ON MARCH 16 AT NOON**  
**NONRESIDENT SWIM TEAM/SWIM LESSON REGISTRATION OPENS ON MAY 4 AT NOON**

Nonresidents must complete the "Nonresident Registration Form" online at [www.stapletoncommunity.com](http://www.stapletoncommunity.com) prior to registration. Nonresidents will not have access to online registration.

We highly encourage residents to use their ActiveNet account to register for classes. Please make sure all of your account information is up-to-date prior to registration.

## 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 swimmers that are swimming independently without support. Skills taught include rhythmic breathing, front/back crawl, elementary backstroke, sit/kneel dives and changing directions (same skill set as Station 2).

## Swim Lessons: 6+ years

**Station 1**  
 6+ years

*Fundamental Aquatic Skills* – Class is for swimmers new to the water. Introduces swimmers to the fundamental skills such as water entry/exit, opening eyes under water, floating, gliding and water safety.

**Station 2**  
 6+ years

*Stroke Development* – Class is for swimmers who can move through the water unassisted. Skills learned include bobbing, rhythmic breathing, front/back crawl, sit/kneel dives and changing directions.

**Station 3**  
 6+ years

*Stroke Improvement* – Class is for swimmers ready for deeper waters. Builds on previous skills, swimming underwater, breaststroke, elementary backstroke, side-stroke, butterfly, open turns, compact and stride jumps, surface dives and water safety.

**Station 4/5**  
 6+ years

*Stroke Refinement/Fitness Swim* – Designed for swimmers 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.

**Introduction to Diving**  
 6+ years

Springboard diving is for swimmers 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.

### Weekdays

**Monday–Thursday**  
 25 minute lessons  
 Resident: \$50  
 Nonresident: \$60

Session 1: June 8 – June 18  
 Session 2: June 22 – July 2  
 Session 3: July 6 – July 16  
 Session 4: July 20 – July 30  
 Session 5: Aug 3 – Aug 13

### Evenings :: Aviator, PJ

**Monday/Wednesday**  
 25 minute lessons  
 Resident: \$50  
 Nonresident: \$60

Session 1: June 8 – July 1  
 Session 2: July 6 – July 29

### Evenings :: F15, Jet Stream, Maverick

**Tuesday/Thursday**  
 25 minute lessons  
 Resident: \$50  
 Nonresident: \$60

Session 1: June 9 – July 2  
 Session 2: July 7 – July 30

## SWIM LESSON Sessions

### Weekend :: Aviator, PJ, F15, Maverick

**Saturday**  
 25 minute lessons  
 Resident: \$33  
 Nonresident: \$39

Session 1: June 6 – July 11  
 Session 2: July 18 – Aug 15

### Weekend :: Jet Stream :: Sunday

25 minute lessons for ages 3-5  
 Resident: \$33  
 Nonresident: \$39

50 minute lessons for ages 6+  
 Resident: \$61  
 Nonresident: \$73

Session 1: June 7 – July 12  
 Session 2: July 19 – Aug 16

	Weekday Lessons Monday–Thursday				Evening Lessons			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
<b>Aviator</b>			●					●	●	●	●
Parent-Tot			●					●	●	●	●
Parent-Tot II			●						●		●
Preschool	●	●	●	●	●	●	●	●	●	●	●
Preschool Adv	●	●	●	●	●	●	●	●	●		●
Preschool Adv II	●	●			●	●	●				
Station 1	●										
Station 2			●	●	●					●	●
Station 3	●	●		●		●	●			●	
Station 4/5			●	●					●		
Introduction to Diving				●							
<b>Puddle Jumper</b>		●							●		
Parent-Tot								●			
Parent-Tot II		●							●		
Preschool	●	●			●	●		●	●		
Preschool Adv	●	●			●	●		●	●		
Preschool Adv II	●	●				●		●	●		
Station 2	●	●									
<b>Jet Stream</b>				●							
Parent-Tot				●							
Parent-Tot II				●							
Preschool	●	●	●	●	●	●	●	●	●		
Preschool Adv	●	●	●	●	●	●	●	●	●		
Preschool Adv II	●	●				●		●	●		
Station 1			●			●					
Station 2		●			●						●
Station 3			●			●					●
Station 4/5	●		●		●						●
<b>F15</b>			●	●		●	●		●	●	●
Preschool			●	●		●	●		●	●	●
Preschool Adv		●	●	●	●	●	●		●	●	●
Preschool Adv II		●	●	●	●	●			●		
Station 1			●								
Station 2		●		●		●	●		●	●	●
Station 3			●			●				●	
<b>Maverick</b>											
Parent-Tot								●			
Parent-Tot II										●	
Preschool	●	●			●	●		●	●		
Preschool Adv	●	●			●	●		●	●		
Preschool Adv II	●	●			●	●		●	●		
Station 1			●				●				
Station 2		●				●					
Station 3						●					

other programs and policies

### Private Lessons

Private instruction with highly-motivated, friendly instructors. Ideal for adults and children. Each session is 30 minutes in length and can be schedule at your desired facility (if space is available). Private lesson forms will be available beginning June 1 at the outdoor Stapleton facilities. Please schedule all private lesson with your selected instructor at your desired facility—pool management will be on-hand to assist you.

**One instructor per one participant**  
 \$30 Resident  
 \$10 for each additional child (up to three total)

**One instructor per two participants**  
 Resident: \$40

### Junior Lifeguard Program

This program will offer youth the opportunity to learn about water safety, first aid, CPR/AED, while exposing each one to the techniques and skills necessary to becoming a professional rescuer.

For more information, please visit [www.stapletoncommunity.com](http://www.stapletoncommunity.com) or e-mail [pools@stapletoncommunity.com](mailto:pools@stapletoncommunity.com).

### Programming Refund Policy

All refunds must be processed through the MCA office. Participant/parent will be entitled to a refund (less \$5 processing fee) when:

- The Stapleton MCA cancels the activity/class
- Participant/parent notifies the Stapleton MCA 7 or more days prior to the start date, provided the activity/class is not sold out (sold out activities/classes are not eligible for a refund)

Refunds will be provided in the form of:

- Credit to the customer's ActiveNet household account
- Credit back to the credit/debit card used in the original transaction
- Issued a check

## family night

Family Night will begin second week in June and run through July.

The following pools will have a designated night of the week where they extend their closing time to 7:45 p.m.

Monday	Jet Stream
Tuesday	Puddle Jumper
Wednesday	F15
Thursday	Aviator

Family Night will end on July 30th.

