

# facility hours

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

<b>Aviator Pool Hours</b> 8054 E. 28th Avenue 720.941.3414	<b>Open Swim</b> Monday–Sunday 11:00 a.m. – 6:45 p.m.	<b>Aquatic Programming</b> Monday–Thursday, Saturday 9:00 a.m. – 10:00 a.m.	Monday/Wednesday 5:00 p.m. – 6:30 p.m.
<b>Puddle Jumper Pool Hours</b> 2401 Xenia Street 303.593.0018	<b>Open Swim</b> Monday–Sunday 10:00 a.m. – 6:45 p.m.	<b>Aquatic Programming</b> Monday–Thursday, Saturday 9:00 a.m. – 10:00 a.m.	Monday/Wednesday 5:00 p.m. – 6:30 p.m.
<b>Jet Stream Pool Hours</b> 3574 Alton Street 303.296.0884	<b>Open Swim</b> Monday–Sunday 11:00 a.m. – 6:45 p.m.	<b>Aquatic Programming</b> Monday–Thursday, Sunday 6:00 a.m. – 11:00 a.m.	Tuesday/Thursday 5:00 p.m. – 6:30 p.m.
<b>F15 Pool Hours</b> 2831 Hanover Street 303.555.5078	<b>Open Swim</b> Monday–Sunday 11:00 a.m. – 6:45 p.m.	<b>Aquatic Programming</b> Monday–Thursday, Saturday 9:00 a.m. – 11:00 a.m.	Tuesday/Thursday 5:00 p.m. – 6:30 p.m.
<b>Runway 55 Pool Hours</b> 8863 E. 47th Avenue 303.371.8701	<b>Open Swim</b> Monday–Thursday 12:00 p.m. – 5:00 p.m.	<b>Aquatic Programming</b> Monday–Thursday 12:00 p.m. – 12:00 p.m.	Friday–Sunday 12:00 p.m. – 6:45 p.m.
<b>Maverick Pool Hours</b> 8822 Beekman Place 303.373.4120	<b>Open Swim</b> Monday–Sunday 10:00 a.m. – 6:45 p.m.	<b>Aquatic Programming</b> Monday–Thursday, Saturday 9:00 a.m. – 10:00 a.m.	Monday/Wednesday 5:00 p.m. – 6:30 p.m.

## swim team

### New Swimmer Parent Meeting at The Cube!

Tuesday, March 7th | 5:30pm-6:30pm

#### 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 2017 season is scheduled to start the week of May 15th 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–Thursday mornings or Monday–Wednesday evenings. This team will compete in dual meets against Virginia Vale, Crestmoor, Skyline, CACM and Eastmoor. Team suits are required.

#### Synchronized Swim & Dive Team

Details available online at [www.stapletoncommunity.com/pools](http://www.stapletoncommunity.com/pools)

#### SSL @ Aviator or Jet Stream

This league is geared toward swimmers ages 6-12. Practice will be offered Monday–Thursday mornings. Swimmers will have the option to participate in SSL swim meets on Saturday mornings. Meet participation/team suits are optional.

#### Evening Practice

Evening practice will be offered Monday–Wednesday at Runway 55 from 5:30pm-6:30pm. SSL and Metro swimmers may choose to participate in morning or evening practice.

#### Squirts @ Aviator, Jet Stream and Runway 55

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.

Practice schedules and additional details are available online at [www.stapletoncommunity.com/pools](http://www.stapletoncommunity.com/pools).

## 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. Visit [stapletoncommunity.com](http://stapletoncommunity.com) for more info.

#### Masters :: Aviator

#### Tri-training :: Jet Stream

#### \*Drop-in Adult Lap Swim :: Runway 55

#### \* Resident Lap Swim upgrade required: \$20

## party pad reservations

Come celebrate your birthday or occasion by reserving one of our outdoor Party Pads conveniently located at each pool facility for optimum access and entertaining. Each Party Pad includes premium reserved deck space with shade and seating for up to 20 people.

Aviator, Jet Stream, Runway 55 and F15 are all equipped with 1 Party Pad. Puddle Jumper and Maverick has 2 Party Pads available for reservations. Rentals are offered in 2.5 hour increments. Available time blocks listed below. Reserve online or in person at the MCA Office at 29th Ave Town Center or at the Cube at 8371 Northfield Blvd.

#### 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 & Maverick:  
11:00 a.m. – 1:30 p.m. | 12:00 p.m. – 2:30 p.m.

Runway 55:  
2:00 p.m. – 4:30 p.m. | 3:00 p.m. – 5:30 p.m.

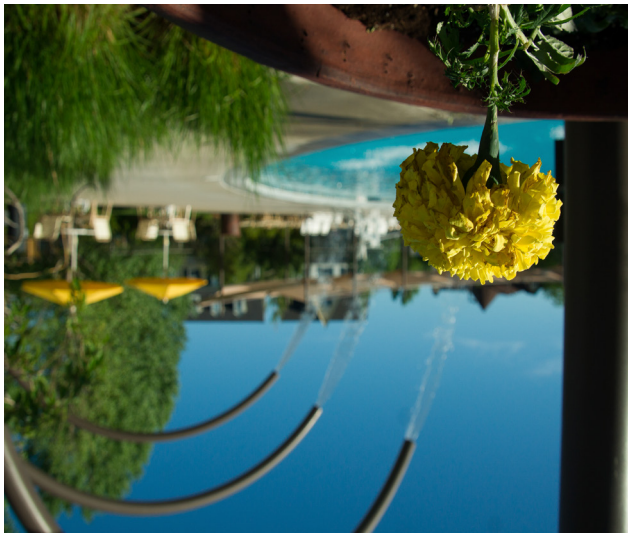
Weekends Only  
1:00 p.m.-3:30 p.m. | 4:00 p.m.-6:30 p.m.

#### 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).



2017  
AquaticsGuide



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**MCA**  
STAPLETON  
7350 E. 29th Avenue  
Suite 300  
Denver, CO 80238



## 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

<b>Resident discount daily entrance</b> (Monday–Friday)	<b>\$5</b>
<b>Nonresident daily entrance</b> (Monday–Friday)	<b>\$8</b>
<b>Resident/Nonresident daily entrance</b> (Saturday–Sunday & holidays)	<b>\$10</b>
<b>Annual Resident Membership Cards</b>	<b>\$20</b>

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. Punch 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, The Cube 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 or The Cube.

For more information on how to obtain Resident Membership Card, please visit [www.stapletoncommunity.com](http://www.stapletoncommunity.com).



# programming at the pools

RESIDENT SWIM TEAM REGISTRATION OPENS MARCH 8 AT NOON  
 RESIDENT SWIM LESSON REGISTRATION OPENS ON MARCH 15 AT NOON  
 NONRESIDENT SWIM TEAM/SWIM LESSON REGISTRATION OPENS ON APRIL 5 AT NOON

\*All age overrides must be done in person

\*No transfers, refunds or purchasing pool resident cards on registration days

Nonresidents must complete the "Nonresident Registration Form" online at [www.stapletoncommunity.com](http://www.stapletoncommunity.com) prior to registration. Non-residents 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. In-person registration is available at the MCA Office in the 29th Ave town center and our new space, **The Cube**, located at 8371 Northfield Blvd.



## 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

Available during sessions 2,3,4

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.

### Synchronized Swimming

This program will be offered during session 2, 3 and 4 and is designed to teach basic synchro skills to those who have no previous experience.

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

### Water Polo Clinic

The Stapleton MCA will once again partner with Colorado Water Polo to offer an introductory water polo clinic for swimmers ages 8-18.

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

### Junior Lifeguard Program

This program will offer 14 year olds interested in lifeguarding 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. Applications are available on-line and will be accepted through June 6th.

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

### 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)

### Weekdays

#### Monday–Thursday

25 minute lessons

Resident: \$50

Nonresident: \$60

Session 1: June 12 – June 22

Session 2: June 26 – July 7

Session 3: July 10 – July 20

Session 4: July 24 – Aug 3

Session 5: Aug 9 – Aug 17

#### Evenings :: Aviator, PJ

##### Monday/Wednesday

25 minute lessons

Resident: \$50

Nonresident: \$60

Session 1: June 12 – July 5

Session 2: July 19 – Aug 9

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

##### Tuesday/Thursday

25 minute lessons

Resident: \$50

Nonresident: \$60

Session 1: June 13– July 11

Session 2: July 18 – Aug 10

## SWIM LESSON Sessions

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

#### Saturday

Resident: \$33

Nonresident: \$39

25 minute lessons

Session 1: June 10 – July 8

Session 2: July 15 – Aug 12

### Weekend :: Jet Stream :: Sunday

25 minute lessons for ages 3-5

Resident: \$33/\$61

Nonresident: \$39/\$73

50 minute lessons for ages 6+

Session 1: June 11 – July 19

Session 2: July 16 – Aug 13

	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	●						●			●	●
Introduction to Diving				●							
Intro to Synchro									●		
<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

## family night

Family Night will begin June 5th and run through July 31st.

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 & Maverick
Thursday	Aviator

