

facility hours

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

Aviator Pool Hours

8054 E. 28th Avenue
720.941.3414

Open Swim
 Monday–Sunday, Saturday
 11:00 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, Saturday
 10:00 a.m. – 6:45 p.m.

Aquatic Programming
 Monday–Thursday, Saturday
 9:00 a.m. – 10:00 a.m.

Monday/Wednesday
 5:00 p.m. – 6:30 p.m.

Jet Stream Pool Hours

3574 Alton Street
303.296.0884

Open Swim
 Monday–Thursday, 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.

F15 Pool Hours

2831 Hanover Street
303.355.5078

Open Swim
 Monday–Sunday, Saturday
 11:00 a.m. – 6:45 p.m.

Aquatic Programming
 Monday–Thursday, Saturday
 9:00 a.m. – 10:00 a.m.

Monday/Wednesday
 5:00 p.m. – 6:30 p.m.

Runway 35 Pool Hours

8863 E. 47th Avenue
303.371.8701

Open Swim
 Monday–Thursday, Saturday
 12:00 p.m. – 5:00 p.m.

Aquatic Programming
 Monday–Thursday, Saturday
 9:00 a.m. – 10:00 a.m.

Monday/Wednesday
 5:00 p.m. – 6:30 p.m.

Monday/Wednesday
 5:00 p.m. – 6:30 p.m.

Monday/Wednesday
 5:00 p.m. – 6:30 p.m.

programs

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 unique swimming experience. Visit stapletoncommunity.com for more info.

Masters :: Aviator

Tri-training :: Jet Stream

***Drop-in Adult Lap Swim :: Runway 35**

*** Resident Lap swim upgrade required: \$20**

Pass is valid for lap swim in June and July only. Please visit stapletoncommunity.com for the current schedule.

New Swimmer Parent Meeting

Tuesday, March 6th at the Cube
 Join us on Tuesday, March 6 to get your swim team questions answered! The Aquatics Team will go over an overview of the different swim team options (recreation league - traditional league), an overview of the season, volunteer roles and requirements, registration dates, communication and team merchandise.

Swim & Dive Team

The Stapleton Swim and Dive Team is designed to develop each swimmer to his or her greatest potential. Swimmers will practice and promote positive team spirit, teaches/improves stroke performance and builds endurance.

Synchronized Swimming Team

The Stapleton MCA is excited for our second season of Synchronized Swimming. In addition to learning and practicing basic skills and routines swimmers will have the option to participate in Metro League Synchronized Swimming events. Participants will practice at Aviator Pool in the mornings or Runway 35 in the evenings.

For more information about the Stapleton Stringays Synchronized Swimming team please visit www.stapletoncommunity.com or email questions to poools@stapletoncommunity.com

family night

Family Night will begin June 4th and run through July 26th. 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

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).

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

Runway 35:

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

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

12:00 p.m. – 2:30 p.m. | 3:00 p.m. – 5:30 p.m.

Aviator, F15 & Jet Stream:

Puddle Jumper & Maverick:

12:00 p.m. – 2:30 p.m. | 3:00 p.m. – 5:30 p.m.

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

11:00 a.m. – 6:45 p.m.

9:00 a.m. – 11:00 a.m.

5:00 p.m. – 6:30 p.m.

Tuesday/Thursday

Monday–Sunday, Saturday

Monday–Thursday, Saturday

Monday–Sunday, Saturday

Monday–Sunday, Saturday

Monday–Sunday, Saturday

Monday–Sunday, Saturday

Monday–Sunday, Saturday

Monday–Sunday, Saturday



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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 \$5
 (Monday–Friday)

Nonresident daily entrance \$8
 (Monday–Friday)

Resident/Nonresident daily entrance \$10
 (Saturday–Sunday & holidays)

Annual Resident Membership Cards \$20

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.

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 Resident Membership Cards, please visit www.stapletoncommunity.com.

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



MCA

STAPLETON



programming at the pools

RESIDENT SWIM TEAM REGISTRATION OPENS MARCH 7 AT NOON
 RESIDENT SWIM LESSON REGISTRATION OPENS ON MARCH 14 AT NOON
 NONRESIDENT SWIM TEAM/SWIM LESSON REGISTRATION OPENS ON APRIL 25 AT NOON

*All age overrides must be done in person, after March 14th

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

Nonresidents must complete the "Nonresident Registration Form" online at 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**. In-person registration is available at the MCA Office in the 29th Ave town center and **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.

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 \$10 for each additional child (up to three total)
\$33 Resident

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 of the techniques and skills necessary to becoming a professional rescuer. Applications are available on-line beginning April 1st and will be accepted through June 8th.

For more information please visit www.stapletoncommunity.com or e-mail pools@stapletoncommunity.com

Intro to Synchro

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. Lessons are 50 minutes at Jetstream Pool on Sunday Mornings.

For more information please visit www.stapletoncommunity.com or e-mail pools@stapletoncommunity.com

Intro to Water Polo

The introduction to Water Polo class is designed to teach basic water polo skills including: eggbeater kick, passing, ball handling and game basics. Participants should have strong swimming skills (Station 3) and be comfortable in deeper water.

For more information please visit www.stapletoncommunity.com or e-mail pools@stapletoncommunity.com

other programs

Weekdays

Monday-Thursday
 25 minute lessons

Session 1: June 11 – June 21
 Session 2: June 25 – July 6
 Session 3: July 9 – July 19
 Session 4: July 23 – Aug 2

Resident: \$50
 Nonresident: \$60

Evenings :: Aviator, PJ, Runway 35
 Monday/Wednesday 25 minute lessons

Resident: \$50
 Nonresident: \$60
 Session 1: June 4 – June 27
 Session 2: July 2 – July 30

Evenings :: F15, Jet Stream, Maverick
 Tuesday/Thursday 25 minute lessons

Resident: \$50
 Nonresident: \$60
 Session 1: June 5– June 28
 Session 2: July 3– July 31

SWIM LESSON Sessions

Weekend :: Aviator, PJ, F15, Maverick
 Saturday 25 minute lessons

Resident: \$33
 Nonresident: \$39
 Session 1: June 2 – June 30
 Session 2: July 7– Aug 4

Weekend :: Jet Stream :: Sunday

25 minute lessons for ages 3-5
 50 minute lessons for ages 6+
 Resident: \$33/\$61
 Nonresident: \$39/\$73
 Session 1: June 3 – July 1
 Session 2: July 8 – Aug 5

	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
Aviator											
Parent-Tot								●		●	
Parent-Tot II									●		●
Preschool				●	●	●	●	●	●	●	●
Preschool Adv			●	●	●	●	●	●	●	●	●
Preschool Adv II		●			●	●	●				●
Station 1						●					
Station 2		●	●		●			●	●		
Station 3		●		●		●	●		●	●	●
Station 4/5			●	●							
Introduction to Diving				●							
Puddle Jumper		●							●		
Parent-Tot		●							●		
Parent-Tot II			●							●	
Preschool	●	●				●	●	●	●	●	
Preschool Adv	●	●				●	●	●	●	●	
Preschool Adv II						●	●		●	●	
Station 2		●									
Jet Stream				●					●		
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									●		
Intro to Water Polo											●
F15				●	●	●	●		●	●	●
Preschool				●	●	●	●		●	●	●
Preschool Adv				●	●	●	●		●	●	●
Preschool Adv II				●	●	●	●		●	●	●
Station 1											
Station 2				●		●	●		●	●	●
Station 3					●		●		●	●	●
Maverick		●							●		
Parent-Tot		●							●		
Parent-Tot II			●							●	
Preschool	●	●			●	●	●	●	●	●	
Preschool Adv	●	●			●	●	●	●	●	●	
Preschool Adv II	●				●			●	●		
Station 1				●		●	●			●	
Station 2		●				●			●		
Station 3			●			●				●	
Runway 35						●	●				
Station 2						●	●				
Station 3						●	●				
New Pool											

future pool!!
 2019/2020