

# YOUTH GUIDE

SUMMER 2020

## PROGRAMS

Colleen | 303.770.2582 x 287  
ColleenB@ClubGreenwood.com

### Parent-Tot Dance AGES 3 MONTHS-3

Dancers will be introduced to basic ballet and jazz technique through creative movement. This class is designed for the dancers and parents to participate together. Minimum 3 / Maximum 25.

**Tuesdays, 11:00-11:30am** (4 weeks)  
**May 5-26, June 2-23, August 4-25**

**\$50 Members | \$75 Guests**  
**Studio 3**

### Gym Jam AGES 2.5-4

Introduces your young ones to large motor skill development. They'll burn off energy while you get time to yourself. Kids will participate in gym games followed by crafts, reading time and snacks. Come and play! Maximum 20.

**Tuesdays, 10:30am-12:00pm** (4 weeks)  
**May 5-26, June 2-23, July 7-28, August 4-25**

**\$85 Members | \$105 Guests**  
**Gymnasium**

### Jumping Agility AGES 5-12

**NEW**

Looking for a fun new way to get your kids moving? Drop your kids off at our Jump-Agility class, where kids do exercises on our rebounder trampolines, practice agility, work through obstacle courses, play games, burn energy and have FUN! Maximum 10.

**Tuesdays and Thursdays, 4:30-5:30pm**

**Drop-in: \$15 Members | \$20 Guests**  
**8-pack: \$80 Members | \$120 Guests**  
**Studio 3**

### Music and Movement AGES 2.5-5

Kids get to participate in organized dance activities, explore musical instruments, play dancing games, and have freestyle dance helping to keep active, build coordination, and become creative! Maximum 15.

**Fridays, 10:00-11:00am** (4 weeks)  
**May 1-22, June 5-26, July 10-31, August 7-28**

**\$85 Members | \$105 Guests**  
**Studio 3**

### Parent's Night Out AGES 2-13

Swimming, dancing, dinner, playing and YOU have a night all to yourself. Maximum 50.

**First Friday of each month, 5:00-9:00pm**  
**May 1, June 5, July 3, August 7**

**\$30 Members | \$40 Guests**  
**Youth Activity Center**

## BASKETBALL

### Hardwood Evolution Private Lessons

Specialized basketball training program that offers innovative coaching methods for all skill levels.

**Contact Derek Griffin**  
**DGriffin@HardwoodEvolution.com**

## FITNESS

Colleen | 303.770.2582 x 287  
ColleenB@ClubGreenwood.com

### Complimentary Kids Yoga AGES 3-15

Yoga is a wonderful tool that can help kids develop discipline, be physically active, enhance concentration and reduce stress.

**Mondays, 3:45-4:15pm** (Ages 3-5)  
**Mondays, 4:15-5:00pm** (Ages 6-10)  
**Studio 2** (wait for instructor to arrive before entering studio)

## CAMP

Colleen | 303.770.2582 x287  
ColleenB@ClubGreenwood.com  
ClubGreenwood.com/Camps

### Camp Greenwood School Days Out AGES 5-13

Join us for your kid's school day out. They will enjoy gym games, crafts, swimming, and a movie.

**Days vary by school district**  
**7:30am-6:00pm**  
**September-December**  
**\$85 Members | \$100 Guests**

## AQUATICS

Crystal | 303.770.2582 x325  
CrystalG@ClubGreenwood.com

### Private Lessons

We offer private swim lessons based on your schedule. Contact Crystal to schedule lessons.

**MORE STUFF THIS WAY →**

**REGISTER**

Greenwood App / 303.770.2582 x274  
ClubGreenwood.com/Youth

 **CLUB  
GREENWOOD**

**\$40 Members | \$50 Guests**

### **Parent-Tot AGES 8 MONTHS-3**

Parents are taught how to work in the water with their child with emphasis on safety and fun. We teach parents what skills to expect as their child develops both in and out of the water. Minimum of 3 participants to run the class.

**Saturdays, 10:30-11:00am**

**Mondays, 5:30-5:55pm**

**Session 1: May 4-30** (3 weeks, no Parent-Tot class on Saturday, May 23 or Monday May 25—Memorial Day weekend)

**\$54 Members | \$69 Guests**

**Session 2: June 1-27** (4 weeks)

**Session 3: June 29-July 25** (4 weeks)

**Session 4: July 27-August 29** (4 weeks, no Parent-Tot class on Monday, August 17 or Saturday August 22—pool closed for cleaning)

**\$72 Members | \$92 Guests**

### **SwimAmerica AGES 3+**

There are 6 stations (levels) within the program, beginning with blowing bubbles and finishing learning to swim Breaststroke and Butterfly. Safety, instruction, fitness and fun are the goals we strive for in our lessons; while teaching a natural progression of the strokes through drills emphasizing proper technique and efficiency. Lessons are 20 min in Level 1-2, 28 min in Levels 3-6. Class size is limited to: Four swimmers in levels 1-2, Five swimmers in levels 3-4, Six swimmers in levels 5-6.

**Mondays and Thursdays**

**Level 1-2: 4:30-4:50pm, 4:50-5:10pm, 5:10-5:30pm**

**Level 3-6: 4:30-5:00pm, 5:00-5:30pm**

**Saturdays**

**Level 1-2: 9:30-9:50am, 9:50-10:10am, 10:10-10:30am**

**Level 3-6: 9:30-10:00am, 10:00-10:30am**

**\$72 Members | \$92 Guests**

**Session 1: May 4-30**

**Mondays and Saturdays** (3 weeks)

**Thursdays** (4 weeks, no SwimAmerica class on Saturday May 23 or Monday May 25—Memorial Day weekend)

**\$54 Members | \$69 Guests** (3 weeks)

**\$72 Members | \$92 Guests** (4 weeks)

**Session 2: June 1-27** (4 weeks)

**\$72 Member | \$92 Guests**

**Session 3: June 29-July 25**

**Mondays and Thursdays** (4 weeks)

**Saturdays** (3 weeks—no class on July 4)

**\$54 Members | \$69 Guests** (3 weeks)

**\$72 Members | \$92 Guests** (4 weeks)

**Session 4: July 27-August 29** (4 weeks, no SwimAmerica class the week of August 17—pool closed for cleaning)

**\$72 Members | \$92 Guests**

### **Stroke School AGES 6-13**

Coached on the deck, this 45 minute class provides an extension of Swim America, with a wonderful transition to Swim Conditioning or Swim Team. Class will focus on further stroke refinement and building endurance. On the first day of each session an assessment will be made on each student to make sure it is a proper fit. Students must be able to swim two lengths of freestyle with side breathing and backstroke and have a base knowledge of butterfly and breaststroke.

**Mondays 4:00-4:45pm** (sessions 1-4)

**Mondays, 4:45pm-5:30pm** (session 3-4)

**Tuesdays, 4:00-4:45pm** (sessions 1-4)

**Thursdays, 4:00-4:45pm** (sessions 1-4)

**Thursdays, 4:45-5:30pm** (sessions 1-4)

**Fridays, 4:00-4:45pm** (sessions 1-4)

**Saturdays, 10:00-10:45am** (sessions 1-4)

**Sundays, 10:00-10:45am** (sessions 1-4)

**Session 1: May 4-30** (3 weeks, no Stroke School on Monday, May 25—Memorial Day)

**\$54 Members | \$69 Guests**

**Session 2: May 31-June 27** (4 weeks)

**\$72 Members | \$92 Guests**

**Session 3: June 28-July 25** (4 weeks except 3 weeks on Saturday—Independence Day)

**\$54 Members | \$69 Guests** (3 weeks)

**\$72 Members | \$92 Guests**

**Session 4: July 26-August 29** (4 weeks, no Stroke School week of August 17—pool closed for cleaning)

**\$72 Members | \$92 Guests**

### **SwimAmerica Fast Track AGES 3+**

Safety, instruction, fitness, and fun are the goals in our lessons. Lessons are 20 minutes in Levels 1-2 and 28 minutes in Levels 3-6. Class size is limited to: Four swimmers in levels 1-2; Five swimmers in levels 3-4; Six swimmers in levels 5-6.

Levels with only one participant may be combined with another level. Instructors may change each session. Levels with only one participant may be combined with another level.

**Monday, Tuesday, Wednesday, Thursday**

**Level 1-2: 10:00-10:20am**

**Level 3-6: 10:00-10:30am**

**Session 1: June 15-18** (4 days/4 weeks)

**\$72 Members | \$92 Guests**

**Session 2: July 20-23** (4 days/4 weeks)

**\$72 Members | \$92 Guests**

**Session 3: August 3-6** (4 days/4 weeks)

**\$72 Members | \$92 Guests**

### **Summer League Training Camp**

**AGES 5-16**

Get in shape for Summer League during these 6 classes! Refine all four competitive strokes, starts and turns. All participants need to be able to swim two lengths freestyle with side breathing, one length backstroke and have some experience diving. No make-ups.

**May 4-15** (2 weeks)

**Mondays, Wednesdays, Fridays**

**4:00-4:45pm** (2 weeks)

**\$90 Members | \$108 Guests**

### **Greenwood Tiger Sharks AGES 6+**

Compete on our year-round USA Swimming team. Train based on age and ability. Club membership and monthly dues required. Contact Coach Genevieve at 303.770.2582 x407 for more information.