



Water Adventures Schedule (May - Aug 2019)

For the latest schedule information visit www.HRCAonline.org/Swim and choose the Water Adventures page. Select the class you need for additional information. You may then register online, call 303-791-2500, or stop at any Recreation Center.

	Day	Time	Eastridge	Day	Time	Eastridge
LEARN TO SNORKEL \$40/\$45 (Age 7-Adult) Make your vacation more fun by learning the proper snorkeling techniques with a certified PADI instructor. All equipment is provided. mindy.polete@hrcaonline.org 303-471-8867				Su 05/05/19	1:00 - 3:00 p.m.	
				Su 06/09/19	1:00 - 3:00 p.m.	
				Su 07/14/19	1:00 - 3:00 p.m.	
				Su 08/04/19	1:00 - 3:00 p.m.	
TRY SCUBA \$45/\$51 (Ages 10-Adult) Experience the thrill of scuba diving in a safe pool environment. This is an introduction to scuba diving, not a certification class. All equipment is provided. mindy.polete@hrcaonline.org 303-471-8867				Su 05/05/19	3:00 - 5:00 p.m.	
				Su 06/09/19	3:00 - 5:00 p.m.	
				Su 07/14/19	3:00 - 5:00 p.m.	
				Su 08/04/19	3:00 - 5:00 p.m.	
SUP YOGA (Ages 16-Adult) Bring your YOGA practice to the pool where Yoga flow movements are combined with water and a stand up paddle board to replace your mat and mirrors. Be led through sets to energize & engage stabilizing muscles. rachel.lyon@hrcaonline.org 303-471-8942	Classes at Chatfield Reservoir Call 720-503-0383 or visit www.coloradosuppsports.com for more information and to register for classes					
SUP PADDLE FITNESS (Ages 16-Adult) Experience a core concentrated workout while elevating your balance. Cardio and resistance training is the focus using anchored SUP boards. Must go comfortably from kneeling to standing. rachel.lyon@hrcaonline.org 303-471-8942	Classes at Chatfield Reservoir Call 720-503-0383 or visit www.coloradosuppsports.com for more information and to register for classes					
SUP PADDLE 101 (Ages 16-Adult) Learn all things for the Stand-Up Paddleboard beginner including use of the equipment, safety, stroke technique and form. Must be able to go comfortably from kneeling to standing. rachel.lyon@hrcaonline.org 303-471-8942	Classes at Chatfield Reservoir Call 720-503-0383 or visit www.coloradosuppsports.com for more information and to register for classes					
INFANT SWIM RESOURCE (Ages 6 mos-3 yrs.) A customized individual program teaching infants' effective survival swimming skills. Requires ten minute daily lessons M-F for six weeks. More information at www.infantswim.com j.potter@infantswim.com 303-330-8602						
POOL PARTIES (Age 4-13) (2 week minimum for booking) ER & SR (15 People) \$205/\$235 ER (9 Person) \$130/\$150 <ul style="list-style-type: none"> • Two Hour Event <li style="padding-left: 20px;">I Hour Water Fun & I Hour Party Room • Party Host(s) • Capri Sun Drinks • Forks, Napkins, Plates • Cake • Room Set-up & Clean-up ER Parties – Contact 303-471-7036 SR Parties – Contact 303-471-7026	Day	Time	Southridge	Day	Time	Eastridge
	F	5:30 - 7:30 p.m.		F	5:30 - 7:30 p.m.	
	Sa	10:00 a.m. - Noon		Sa	1:00 - 3:00 p.m.	
	Sa	1:00 - 3:00 p.m.		Sa	4:00 - 6:00 p.m.	
	Sa	4:00 - 6:00 p.m.		Su	1:00 - 3:00 p.m.	
	Su	10:00 a.m. - Noon		Su	4:00 - 6:00 p.m.	
	Su	1:00 - 3:00 p.m.				
	Su	4:00 - 6:00 p.m.				