

INTEGRATED PHYSICAL THERAPY

Instructor: Sue B Earl, MPT • T/Th 8 - 9 a.m.

This class offers aquatic based therapy in the leisure pool for people with spine and orthopedic problems. Licensed Physical Therapist, Sue B Earl, provides a functional exercise approach to improve core strength, as well as trunk, hip and shoulder mobility and strength. It is a great transition class to prepare for higher level water aerobics, land based exercise programs, or learn to perform independently in the pool.

The class requires an additional fee. Both self pay and insurance billing (including Medicare) are available. For more information or to schedule participation, call Integrated Physical Therapy, 385-0644.

OPEN KAYAK NIGHT

EVERY TUESDAY • 6:45 - 8:15 p.m. NEW TIME!

Come and practice your roll technique and paddle through the "open water" of the lap pool in your kayak.

WHAT YOU SHOULD KNOW

- 20 boat maximum
- Hose your boat before entering the pool
- Obtain a kayak receipt from the front desk upon entering the Recreation Center
- Present the receipt to the Head Guard upon entering Aquatics area
- Enter and exit the lap pool on the carpet
- Remove kayaks from Aquatics area at 8:15 p.m.

KAYAK PRICES

Recreation Center Pass Holder	\$3 per Boat
Persons without a Recreation Center Pass	\$3 per Boat & \$5.75 per person admittance fee

Sale of kayak passes begins @ 6 p.m.

DURANGO PARKS AND RECREATION LEARN TO SWIM PROGRAM

The Durango Community Recreation Center swimming lessons are based on the American Red Cross Learn-To-Swim Program. Certified instructors teach all classes. Our goal is to maintain a high level of instruction and meet the needs of each student in a fun and positive learning environment.

The American Red Cross has just released a newly revised and improved Swimming and Water Safety program, please read the new descriptions carefully to ensure correct level placement. For more information, please contact Kimberly Ebner 375-7310 or Lindsay Bathke 375-7312.



MAKE-UP CLASSES

Make-up classes will be scheduled only if the facility must cancel the swimming lesson.

ENROLLMENT FEE

Program enrollment does not include full admission to the Recreation Center.

PARENT TOT AQUATICS 6 mo - 4 years

Parent Tot Aquatics is designed to familiarize young children with the water and prepares them to learn to swim. It is not designed to teach children to become good swimmers or to survive in the water on their own. Parent Tot aquatics gives parents safety information and teaches techniques to help orient their children to the water. It is designed to provide direction regarding supervision of water activities in a responsible manner.

PARENT TOT LEVEL 1	Ages 6 months to 24 months. This class lays a foundation for basic swimming skills. Parent participation in the water is required. Parents are taught to safely work with their child in the water, how to support and hold their child and to encourage the child to participate and try each skill. Water safety topics will be introduced to the parents.
PARENT TOT LEVEL 2	Ages 2 to 4 years. Parent participation in the water is required. Level 2 builds on the skills introduced in Level 1. Participants improve on these skills and become more independent in the water.

PRESCHOOL AQUATICS 4 - 5 years

The primary objective of Preschool Aquatics, is to promote the development of fundamental water safety and aquatic skills. In this program children learn the basics in a fun and non-threatening environment. It is not uncommon for students to repeat a level until they are able to demonstrate all the requirements for that level.

PRESCHOOL LEVEL 1	Children learn the most elementary aquatic skills, which they continue to build on as they progress through the Preschool Aquatics and the Learn-To-Swim levels. At this level, children start developing good attitudes and safe practices around the water.
PRESCHOOL LEVEL 2	The objectives are to build on the basic aquatics skills learned in Level 1 and to give children further success with fundamental skills performed at a slightly more advanced degree than Level 1. Most skills at this level are performed with assistance. This level marks the beginning of independent locomotion skills.
PRESCHOOL LEVEL 3	This level builds on skills learned by providing additional guided practice of basic skills at a more proficient level and at greater distances. Children improve coordination by combining arm and leg actions independently.

LEARN TO SWIM 6 & up

Learn-To-Swim teaches aquatic and personal water safety skills in a logical progression. Throughout the levels, participants build on their basic skills to learn various propulsive movements on their front, back, and side. As the levels increase, participants learn to refine the different strokes and build endurance. Each level includes an exit skills assessment that combines many of the skills learned in the level.

LEARN-TO-SWIM LEVEL 1	The objectives are to learn basic personal water safety information and skills, to help children feel comfortable and to enjoy the water. At this level, children learn elementary aquatic skills, safe swimming habits and positive attitudes about the water.
LEARN-TO-SWIM LEVEL 2	The objective is to give participants success with fundamental skills. Children learn to float without support and to recover to a vertical position. This level marks the beginning of true simultaneous and alternating arm and leg actions on the front and back.
LEARN-TO-SWIM LEVEL 3	Children learn the survival float as well as the front crawl and elementary backstroke. This level introduces children to scissor and dolphin kicks and builds on the fundamentals of treading water and diving.
LEARN-TO-SWIM LEVEL 4	The objectives are to develop participants' confidence in the strokes previously learned and increase their endurance while furthering skills. Participants start to learn the back crawl, breaststroke, butterfly, sidestroke and basic turning at a wall.
LEARN-TO-SWIM LEVEL 5	The objectives of this level are coordination and stroke refinement. Flip turns on front and back are introduced.
LEARN-TO-SWIM LEVEL 6	Level 6 is geared toward participants who want to enter competitive swimming or diving and achieve a high level of fitness.

PRIVATE SWIM LESSONS

Private swimming lessons are an excellent choice for swimmers of all ages who want more personalized attention or have a particular problem with a stroke. Private lessons are great for review and can aid in quicker student progression. For more information, please contact Kimberly Ebner, 375-7310

Private 1/2 hour lesson: \$18 Semi Private 1/2 hour lesson: \$13/Person (2 people)



SWIM LESSON SCHEDULE

GENERAL COURSE INFORMATION

If the minimum of 4 students is not met by the registration deadline (7 days prior to the start of the class), the class will be canceled. The registration price may either be refunded or remain as a credit on the account.

MONDAY/WEDNESDAY EVENING LESSONS

Session 6 9/8 - 29 **Registration Deadline 9/1**
7 CLASSES • 4 WEEKS

Class	Time	Fee	Class Code
Parent Tot 1	5:40-6:10 p.m.	\$42	275000-70
Preschool 1	5:00-5:30 p.m.	\$42	275010-70
Preschool 1	6:20-6:50 p.m.	\$42	275010-71
Preschool 2	5:00-5:30 p.m.	\$42	275020-70
Preschool 2	5:40-6:10 p.m.	\$42	275020-71
Preschool 3	5:40-6:10 p.m.	\$42	275030-70
Preschool 3	6:20-6:50 p.m.	\$42	275030-71
Learn-to-swim 1	6:20-6:50 p.m.	\$42	275110-70
Learn-to-swim 3	5:00-5:30 p.m.	\$42	275130-70

TUESDAY/THURSDAY EVENING LESSONS

Session 7 9/7 - 30 **Registration Deadline 9/1**
8 CLASSES • 4 WEEKS

Class	Time	Fee	Class Code
Parent Tot 2	5:00-5:30 p.m.	\$48	275005-70
Preschool 1	5:00-5:30 p.m.	\$48	275010-72
Preschool 1	6:20-6:50 p.m.	\$48	275010-73
Preschool 2	5:00-5:30 p.m.	\$48	275020-72
Preschool 2	5:40-6:10 p.m.	\$48	275020-73
Preschool 3	5:40-6:10 p.m.	\$48	275030-72
Preschool 3	6:20-6:50 p.m.	\$48	275030-73
Learn-to-swim 2	6:20-6:50 p.m.	\$48	275120-70
Learn-to-swim 4	5:40-6:10 p.m.	\$48	275140-70
Learn-to-swim 5/6	5:00-5:30 p.m.	\$48	275150-70

MONDAY/WEDNESDAY EVENING LESSONS

Session 8 10/18 - 11/10 **Registration Deadline 10/11**
8 CLASSES • 4 WEEKS

Class	Time	Fee	Class Code
Parent Tot 2	5:40-6:10 p.m.	\$48	275005-80
Preschool 1	5:00-5:30 p.m.	\$48	275010-80
Preschool 1	6:20-6:50 p.m.	\$48	275010-81
Preschool 2	5:00-5:30 p.m.	\$48	275020-80
Preschool 2	5:40-6:10 p.m.	\$48	275020-81
Preschool 3	5:40-6:10 p.m.	\$48	275030-80
Preschool 3	6:20-6:50 p.m.	\$48	275030-81
Learn-to-swim 1	6:20-6:50 p.m.	\$48	275110-80
Learn-to-swim 3	5:00-5:30 p.m.	\$48	275130-80

TUESDAY/THURSDAY EVENING LESSONS

Session 9 10/19 - 11/9 **Registration Deadline 10/12**
7 CLASSES • 4 WEEKS

Class	Time	Fee	Class Code
Parent Tot 1	5:00-5:30 p.m.	\$42	275000-80
Preschool 1	5:00-5:30 p.m.	\$42	275010-82
Preschool 1	6:20-6:50 p.m.	\$42	275010-83
Preschool 2	5:00-5:30 p.m.	\$42	275020-82
Preschool 2	5:40-6:10 p.m.	\$42	275020-83
Preschool 3	5:40-6:10 p.m.	\$42	275030-82
Preschool 3	6:20-6:50 p.m.	\$42	275030-83
Learn-to-swim 2	6:20-6:50 p.m.	\$42	275120-85
Learn-to-swim 4	5:40-6:10 p.m.	\$42	275140-85
Learn-to-swim 5/6	5:00-5:30 p.m.	\$42	275150-85

MONDAY/WEDNESDAY EVENING LESSONS

Session 1 1/3 - 1/26 **Registration Deadline 12/27**
(No Class 1/17) 7 CLASSES • 4 WEEKS

Class	Time	Fee	Class Code
Parent Tot 1	5:40-6:10 p.m.	\$42	175000-10
Preschool 1	5:00-5:30 p.m.	\$42	175010-10
Preschool 1	6:20-6:50 p.m.	\$42	175010-11
Preschool 2	5:00-5:30 p.m.	\$42	175020-10
Preschool 2	5:40-6:10 p.m.	\$42	175020-11
Preschool 3	5:40-6:10 p.m.	\$42	175030-10
Preschool 3	6:20-6:50 p.m.	\$42	175030-11
Learn-to-swim 1	6:20-6:50 p.m.	\$42	175110-10
Learn-to-swim 3	5:00-5:30 p.m.	\$42	175130-10

MONDAY/WEDNESDAY EVENING LESSONS

Session 3 2/7 - 3/2 **Registration Deadline 1/31**
(No Class 2/14) 7 CLASSES • 4 WEEKS

Class	Time	Fee	Class Code
Parent Tot 1	5:40-6:10 p.m.	\$42	175000-30
Preschool 1	5:00-5:30 p.m.	\$42	175010-30
Preschool 1	6:20-6:50 p.m.	\$42	175010-31
Preschool 2	5:00-5:30 p.m.	\$42	175020-30
Preschool 2	5:40-6:10 p.m.	\$42	175020-31
Preschool 3	5:40-6:10 p.m.	\$42	175030-30
Preschool 3	6:20-6:50 p.m.	\$42	175030-31
Learn-to-swim 1	6:20-6:50 p.m.	\$42	175110-30
Learn-to-swim 3	5:00-5:30 p.m.	\$42	175130-30

TUESDAY/THURSDAY EVENING LESSONS

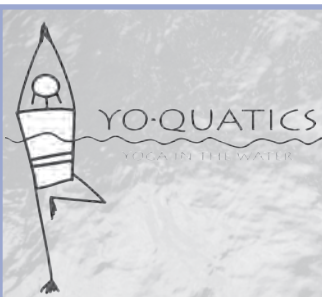
Session 2 1/4 - 1/27 **Registration Deadline 12/28**
 8 CLASSES • 4 WEEKS

Class	Time	Fee	Class Code
Parent Tot 2	5:00-5:30 p.m.	\$48	175005-20
Preschool 1	5:00-5:30 p.m.	\$48	175010-20
Preschool 1	6:20-6:50 p.m.	\$48	175010-21
Preschool 2	5:00-5:30 p.m.	\$48	175020-20
Preschool 2	5:40-6:10 p.m.	\$48	175020-21
Preschool 3	5:40-6:10 p.m.	\$48	175030-20
Preschool 3	6:20-6:50 p.m.	\$48	175030-21
Learn-to-swim 2	6:20-6:50 p.m.	\$48	175120-20
Learn-to-swim 4	5:40-6:10 p.m.	\$48	175140-20
Learn-to-swim 5/6	5:00-5:30 p.m.	\$48	175150-20

TUESDAY/THURSDAY EVENING LESSONS

Session 4 2/8 - 3/3 **Registration Deadline 2/1**
 8 CLASSES • 4 WEEKS

Class	Time	Fee	Class Code
Parent Tot 2	5:00-5:30 p.m.	\$48	175005-40
Preschool 1	5:00-5:30 p.m.	\$48	175010-40
Preschool 1	6:20-6:50 p.m.	\$48	175010-41
Preschool 2	5:00-5:30 p.m.	\$48	175020-40
Preschool 2	5:40-6:10 p.m.	\$48	175020-41
Preschool 3	5:40-6:10 p.m.	\$48	175030-40
Preschool 3	6:20-6:50 p.m.	\$48	175030-41
Learn-to-swim 2	6:20-6:50 p.m.	\$48	175120-40
Learn-to-swim 4	5:40-6:10 p.m.	\$48	175140-40
Learn-to-swim 5/6	5:00-5:30 p.m.	\$48	175150-40



Introduction to YO-QUATICS - Yoga in the Water for Every Body

Experience the benefits of yoga in the “can do” environment of warm water. We’ll begin with a brief dry land practice of poses and movements called “Asanas”, focusing on individual needs along with proper alignment and breath. In the pool our moves become “Asan-aquas” that improve joint mobility, strength, flexibility, coordination and balance. The class follows the complete sequence illustrated in Maureen’s waterproof “Yo-Quatics Guide”, available for purchase after class. Class size is limited to 15, allowing for individualized instruction. “Yo-Quatics” reflects Maureen’s decades of teaching “Aquacize” and practicing Iyengar yoga. Her on-going studies with yoga

masters continues to broaden the applications and fun of “Yo-Quatics.”

Day	Date	Time	Price	Code
Sa	10/23	9:30 - 11:30 a.m.	\$25	272030-80
Sa	11/6	9:30 - 11:30 a.m.	\$25	272030-87

Location: Leisure Pool at the Recreation Center

YO-QUATICS

Enjoy the benefits of yoga in the WARM enabling waters of the leisure pool. No yoga experience needed. Fee includes use of pool and pool facilities, Recreation Center pass not required. Instructor: Maureen Keilty

Monday/Wednesday/Fridays Time 9 - 10 a.m.
Price \$8 per class drop-in or \$7 per class for 5 or more

Prenatal YO-QUATICS Available on Request

Price \$12 per class drop-in or \$10 per class for 5 or more
mbkeilty@yahoo.com