

Programs Could Change Due to Covid-19 and Current Restrictions

Aquatics

For current hours of operation and regulations due to Covid-19 for the aquatics area at the Durango Community Recreation Center, please visit durangogov.org/reccenter

Durango Swim Club

The Durango Swim Club is a USA Swimming affiliated club team. The team practices up to 6 days a week at the Durango Community Recreation Center. The Durango Swim Club is focused on competitive swimming/training and developing life long athletes. The Club swimmers qualify for Olympic Trials, Junior Nationals, Western Zones and Colorado State Championships. For more information or to contact the head coach, please visit durangoswimclub.org or durangoswimcoach@gmail.com



Swim Club fees do not include entrance into the Recreation Center. Daily admission or a Recreation Center pass is required for each practice.

Fall/Winter Schedule

Two public lap lanes are open during all practice times

Day	Time	Pool Used
M - Th	3:30 - 4:15 pm/4 - 6:15 pm	Leisure/Lap
T/Th	6:30 - 8:20 am	Lap
W	7 - 8:30 am	Lap
F	4 - 5:45 pm	Lap
Sa	8 - 10:30 am	Lap

On holidays and school breaks, the Durango Swim Team practice times will vary

Aquatic Based Physical Therapy

This class offers aquatic based therapy in the leisure pool for people with spine and orthopedic problems or just generally deconditioned and not tolerant of a land based exercise program. This aquatic based program was designed to facilitate a functional exercise approach to improve core strength, extremity strength, mobility and address balance deficits. SueB Earl (Masters in Physical Therapy) and Casey Buckingham (Physical Therapy Assistant) are from Absolute Physical Therapy. Jo C Soignier is a Certified Instructor and Personal Trainer. For more information contact Kimberly Ebner, at Kim.Ebner@durangogov.org or 970-375-7310.

Price Included In Admission Into The Recreation Center

Instructor	Day	Time
Jo C. Soignier	M	8 - 9 am
Casey Buckingham	Tu	8 - 9 am
SueB Earl	Th	8 - 9 am

Durango Masters Swimming Program

Masters Swimming is a year round program consisting of adults, 19 and over, who strive to maintain fitness, train for competitions or wish to join the camaraderie with other swimmers. Contact Kimberly Ebner, Kim.Ebner@durangogov.org or 970-375-7310 for more information.

Admission or a Recreation Center Pass is required for each practice in addition to the program price

Two public lap lanes are open during all practice times

Payment Options	Price
Drop-in	\$5
Per Month	\$40
6 Months	\$180
Annually	\$300

Day	Time	Workout
M	6 - 7:30 am	Distance
W	6 - 7:30 am	Sprint
M/W	12 - 1 pm	Variety
Th *	6 - 7 am	Stroke
F	6 - 7:30 am	Medley

All Workouts are in the Lap Pool

* Written Workout Only, No Coach at practice

American Red Cross Courses



Lifeguard Training

Lifeguard Training prepares participants for work as a professional lifeguard by learning how to effectively prevent and respond to water emergencies. Successful completion of 300 yard swim test, utilizing front crawl, breaststroke, brick retrieval and treading water without hands is required at the start of class for continued participation. The certification, which includes First Aid, CPR and AED training, is valid for two years upon completion. Requirements include attendance of all classes, completion of all skills and written tests.

For more information please Contact Kimberly Ebner at 970-375-7310 or kim.ebner@durangogov.org

Price \$180

Babysitter's Training

The Babysitter's Training Course will teach the safety skills and confidence to be a great babysitter. Participants will learn what to expect from parents and acquire the skills to handle real life babysitting situations. The class will cover the following topics: Handling emergency or illness, performing First Aid, CPR, interviewing for a babysitter job, dealing with different age groups, diapering and feeding techniques, bedtime issues and choosing safe and age appropriate toys, games and snacks. Class will be held at the Durango Community Recreation Center.

Age	Day	Date	Time	Price	Code
11 - 14	W/Th	10/14 - 15	4 - 6:30 pm	\$68	276720-81

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Durango Parks & 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. The goal is to maintain a high level of instruction and meet the needs of each student in a fun and positive learning environment. For more information contact Kimberly Ebner, 970-375-7310.

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

ENROLLMENT PRICE - 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 years & 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.

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Swim 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.

9/14 - 10/7

Registration Deadline 9/7

8 CLASSES • 4 WEEKS

MONDAY/WEDNESDAY EVENING LESSONS			
Class	Time	Price	Code
Parent Tot 1	5:10 - 5:40 pm	\$58	275000-70
Preschool 1	4:30 - 5 pm	\$58	275010-70
Preschool 1	5:50 - 6:20 pm	\$58	275010-71
Preschool 2	4:30 - 5 pm	\$58	275020-70
Preschool 2	5:10 - 5:40 pm	\$58	275020-71
Preschool 3	5:10 - 5:40 pm	\$58	275030-70
Preschool 3	5:50 - 6:20 pm	\$58	275030-71
Learn-to-swim 1	5:50 - 6:20 pm	\$58	275110-70
Learn-to-swim 3	4:30 - 5 pm	\$58	275130-70

9/15 - 10/8

Registration Deadline 9/8

8 CLASSES • 4 WEEKS

TUESDAY/THURSDAY EVENING LESSONS			
Class	Time	Price	Code
Parent Tot 2	4:30 - 5 pm	\$58	275005-70
Preschool 1	4:30 - 5 pm	\$58	275010-72
Preschool 1	5:50 - 6:20 pm	\$58	275010-73
Preschool 2	4:30 - 5 pm	\$58	275020-72
Preschool 2	5:10 - 5:40 pm	\$58	275020-73
Preschool 3	5:10 - 5:40 pm	\$58	275030-72
Preschool 3	5:50 - 6:20 pm	\$58	275030-73
Learn-to-swim 2	5:50 - 6:20 pm	\$58	275120-70
Learn-to-swim 4	5:10 - 5:40 pm	\$58	275140-70
Learn-to-swim 5/6	4:30 - 5 pm	\$58	275150-70



10/20 - 11/12

Registration Deadline 10/13

8 CLASSES • 4 WEEKS

TUESDAY/THURSDAY EVENING LESSONS			
Class	Time	Price	Code
Parent Tot 1	4:30 - 5 pm	\$58	275000-80
Parent Tot 2	5:10 - 5:40 pm	\$58	275005-80
Preschool 1	4:30 - 5 pm	\$58	275010-80
Preschool 2	5:10 - 5:40 pm	\$58	275020-80
Preschool 3	5:50 - 6:20 pm	\$58	275030-80
Learn-to-swim 1	4:30 - 5 pm	\$58	275110-80
Learn-to-swim 2	5:10 - 5:40 pm	\$58	275120-80
Learn-to-swim 3	5:50 - 6:20 pm	\$58	275130-80
Learn-to-swim 4	5:50 - 6:20 pm	\$58	275140-80