

## 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/recenter](http://durangogov.org/recenter)**

### 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](http://durangoswimclub.org) or [durangoswimcoach@gmail.com](mailto: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](mailto: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](mailto: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](mailto: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

Register Online at: [durangogov.org/parksandrec](http://durangogov.org/parksandrec)