



**Department  
of Athletics  
and Activities**

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## Aurora Central Lessons

11700 East 11th Ave., Aurora, Co. 80010

Classes are on Monday and Wednesday

### Levels Offered

Parent & Child Aquatics (6mths. To 3 yrs)  
Preschool Level - 3 levels ( 3yrs-5yrs)  
**Level 1** Water Exploration (6yrs & up)  
**Level 2** Primary skills ( 6yrs & Up)  
**Level 3** Stroke Readiness (6yrs.& up)  
**Level 4** Stroke Development (6yrs.& up)  
**Level 5** Stroke Refinement (6 & up)  
**Level 6** Skill Proficiency (6yrs & up)

Session 1: Jan.8<sup>th</sup>- Feb. 5<sup>th</sup>.  
**No classes on Jan 15<sup>th</sup>**  
6:00-6:45pm, 6:55-7:40pm.  
7:45-8:30pm  
Community fee: \$ 45.00

Session 2: Feb 12<sup>th</sup>.-March 12<sup>th</sup>.  
**No Classes February 19<sup>th</sup>.**  
5:00-5:45pm, 5:55-6:40pm  
6:55- 7:40pm, 7:45-8:30pm  
Community fee: \$ 45.00

Session 3: March 19<sup>th</sup>.- April 18<sup>th</sup>.  
**No classes March 26<sup>th</sup>-March 30<sup>th</sup>**  
5:00-5:45pm, 5:55-6:40pm  
6:55- 7:40pm, 7:45-8:30pm  
Community fee: \$ 45.00

Session 4: April 23<sup>rd</sup>.- May 16<sup>th</sup>.  
5:00-5:45pm, 5:55-6:40pm  
6:55- 7:40pm, 7:45-8:30pm  
Community Fee: \$45.00

### Special Classes Offered

Adaptive Aquatics (Special needs)  
Diving (All ages)  
Adult Learn to swim  
Water Aerobics  
Age Group Swim Team (USA, CARA)  
Dive Team

### Spring Break

**WSI Training (March 26<sup>th</sup>.30<sup>th</sup>.)**  
**Lifeguard Training (March 26<sup>th</sup>.30<sup>th</sup>.)**  
**Evening classes Will also available**

## Saturday/Sabado

Session 1: January 6<sup>th</sup>.-February 3<sup>rd</sup>.  
9:00-9:45am, 9:55-10:40am.  
10:55-11:40am, 11:45-12:30pm  
Community Fee: \$35:00

Session2: February 10<sup>th</sup>.-March 10<sup>th</sup>.  
9:00-9:45am, 9:55-10:40am.  
10:55-11:40am,11:45-12:30pm  
Community Fee: \$35:00

Session3: March 17<sup>th</sup>.-April 21<sup>st</sup>.  
9:00-9:45am, 9:55-10:40am.  
10:55-11:40am, 11:45-12:30pm  
No classes on March 31<sup>st</sup>.  
April 28<sup>th</sup>.-May 26<sup>th</sup>.

Session 4 April 18-May 26  
9:00-9:45am, 9:55-10:40am.  
10:55-11:40am, 11:45-12:30pm

For more information, visit  
<http://athletics.aurorak12.org/aquatics>  
or call 303-365-7809

### Rocky Mountain Splash

Synchronized Swimming  
Contact Kendra Laughlin  
[krob1992@yahoo.com](mailto:krob1992@yahoo.com)

### Colorado Water Polo

Visit <http://athletics.aurorak12.org/aquatics>  
or call 303-365-7809