



Fort Lupton RECREATION



Cover picture by


Brianne Glover
photography


303.710.9041

WINTER/SPRING 2022

Splash Swim Program

Registration for all swimming lessons will be on a first come, first served walk-in basis, and will be taken at the Fort Lupton Recreation Center. After the registration deadline, registration will be closed. If there are any spaces available, registration may be accepted with the approval of the Aquatics Coordinator. There is a minimum of two students and a maximum of six students.

Shrimps (Baby & Me)

This class is for young children and their parents. The class is designed to teach parents how to have fun with their child in the water while also introducing important swim skills. Swimmers will work on comfort in the water, floating and gliding on back and with eyes in the water for a short distance.

Age Recommendation: 6 months - 3 years

Seahorse (Preschool)

This level is for swimmers who have graduated the Shrimps level. In this class children swim, without their parents, in the water and work on assisted floating, submerging underwater, and becoming mobile using simultaneous arm and leg actions and alternating arm and leg actions.

Age Recommendation: 3 years - 5 years

Clownfish (Level 1)

The Clownfish level is for the younger beginning swimmer. Students will learn to float on their front and back as well as how to comfortably go underwater. We emphasize safety and confidence while setting the foundation for more advanced skills. We use songs, toys and games to help us achieve mastery of these skills.

Age Recommendation: 5 years +

Barracuda (Level 2)

The Barracuda level is for the swimmer who is comfortable in the water and can float independently. In this class, students will begin to learn streamlining, freestyle, backstroke and how to swim to the wall after jumping into the water.

Age Recommendation: 6 years +

Private Swim Lessons

Private lessons are for those wanting one on one instruction. Private swim lessons are offered on an instructor available basis only. Each lesson is 30 minutes in length. Please contact the Aquatics Department to leave your name, phone number, and day/time preference.

Private Swim Lesson Rates		
Number of Sessions	Time	Fee
1	30 minutes	\$25
3	30 minutes	\$70
5	30 minutes	\$110
10	30 minutes	\$210

Swim School

Registration for all swimming lessons will be on a first come, first served walk-in basis, and will be taken at the Fort Lupton Recreation Center. After the registration deadline, registration will be closed. If there are any spaces available, registration may be accepted with the approval of the Aquatics Coordinator. There is a minimum of two students and a maximum of eight students.

Sting Rays (Level 3)

The Sting Ray level is for young swimmers who can consistently swim freestyle and are ready to start learning side breathing. Students will also work on backstroke progression and be introduced to breaststroke kick. We will also teach our swimmers how to tread water for 30 seconds at a time and build confidence.

Age Recommendation: 6 years +

Sharks (Level 4)

The Sharks class is designed to really enhance and perfect swimmer's technique. We spend time really focusing on mastery of all aspects of the water. They should be comfortable swimming freestyle and backstroke. They should have a strong grasp and understanding of breaststroke. Introduction to butterfly will begin here.

Age Recommendation: 6 years +

Whales (Level 5)

The Whale class is designed to focus on repetitive, perfect stroke technique to prepare swimmers for Swim Team. These swimmers are proficient in every stroke, and maintain correct body positioning and technique while swimming.

Age Recommendation: 6 years +

Semi-Private Swim Lessons

Semi private swim lessons are for two to three individuals per one instructor. Semi private swim lessons are offered on an instructor available basis only. Each lesson is 30 minutes in length. Please contact the Aquatics Department to leave your name, phone number, and day/time preference.

Semi-Private Swim Lesson Rates		
Number of Sessions	Time	Fee
1	30 minutes	\$30
3	30 minutes	\$80
5	30 minutes	\$130
10	30 minutes	\$255

Evening Lessons: Session A

Days: Tuesday / Thursday Evenings
 Date: 1/18/22 - 2/10/22
 Registration: \$30 (Online Only by 1/13/22)

Code	Level	Time	Fee
15392	Shrimps	5:00pm - 5:30pm	\$35
15405	Seahorse	5:40pm - 6:10pm	\$35
15419	Clownfish	5:00pm - 5:30pm	\$35
15420	Clownfish	5:40pm - 6:10pm	\$35
15435	Barracudas	6:20pm - 6:50pm	\$35
15445	Sting Rays	6:20pm - 6:50pm	\$35
15455	Sharks	7:00pm - 7:30pm	\$35
15462	Whales	7:00pm - 7:30pm	\$35

Evening Lessons: Session B

Days: Tuesday / Thursday Evenings
 Date: 2/22/22 - 3/17/22
 Registration: \$30 (Online Only by 2/17/22)

Code	Level	Time	Fee
15393	Shrimps	5:00pm - 5:30pm	\$35
15406	Seahorse	5:40pm - 6:10pm	\$35
15421	Clownfish	5:00pm - 5:30pm	\$35
15422	Clownfish	5:40pm - 6:10pm	\$35
15436	Barracudas	6:20pm - 6:50pm	\$35
15446	Sting Rays	6:20pm - 6:50pm	\$35
15456	Sharks	7:00pm - 7:30pm	\$35
15463	Whales	7:00pm - 7:30pm	\$35

Evening Lessons: Session C

Days: Tuesday / Thursday Evenings
 Date: 3/29/22 - 4/21/22
 Registration: \$30 (Online Only by 3/24/22)

Code	Level	Time	Fee
15394	Shrimps	5:00pm - 5:30pm	\$35
15407	Seahorse	5:40pm - 6:10pm	\$35
15423	Clownfish	5:00pm - 5:30pm	\$35
15424	Clownfish	5:40pm - 6:10pm	\$35
15437	Barracudas	6:20pm - 6:50pm	\$35
15447	Sting Rays	6:20pm - 6:50pm	\$35
15457	Sharks	7:00pm - 7:30pm	\$35
15464	Whales	7:00pm - 7:30pm	\$35

Morning Lessons: Session A

Days: Tuesday / Thursday Mornings
 Date: 1/18/22 - 2/10/22
 Registration: \$40 (Online Only by 1/13/22)

Code	Level	Time	Fee
15395	Shrimps	9:00am - 9:30am	\$35
15408	Seahorse	9:40am - 10:10am	\$35
15425	Clownfish	10:20am - 10:50am	\$35

Morning Lessons: Session B

Days: Tuesday / Thursday Mornings
 Date: 2/22/22 - 3/17/22
 Registration: \$40 (Online Only by 2/17/22)

Code	Level	Time	Fee
15396	Shrimps	9:00am - 9:30am	\$35
15409	Seahorse	9:40am - 10:10am	\$35
15426	Clownfish	10:20am - 10:50am	\$35

Morning Lessons: Session C

Days: Tuesday / Thursday Mornings
 Date: 3/29/22 - 4/21/22
 Registration: \$40 (Online Only by 3/24/22)

Code	Level	Time	Fee
15397	Shrimps	9:00am - 9:30am	\$35
15410	Seahorse	9:40am - 10:10am	\$35
15427	Clownfish	10:20am - 10:50am	\$35

Saturday Lessons: Session A

Days: Saturdays
 Date: 1/22/22 - 2/12/22
 Registration: \$20 (Online Only by 1/20/22)

Code	Level	Time	Fee
15398	Shrimps	9:05am - 9:45am	\$25
15399	Shrimps	10:45am - 11:25am	\$25
15411	Seahorse	9:55am - 10:35am	\$25
15413	Seahorse	10:45am - 11:25am	\$25
15428	Clownfish	9:55am - 10:35am	\$25
15429	Clownfish	10:45am - 11:25am	\$25
15438	Barracudas	8:15am - 8:55am	\$25
15439	Barracudas	9:05am - 9:45am	\$25
15448	Sting Rays	8:15am - 8:55am	\$25
15449	Sting Rays	9:55am - 10:35am	\$25
15458	Sharks	9:05am - 9:45am	\$25
15465	Whales	8:15am - 8:55am	\$25

Saturday Lessons: Session B

Days: Saturdays
 Date: 2/26/22 - 3/19/22
 Registration: \$20 (Online Only by 2/24/22)

Code	Level	Time	Fee
15400	Shrimps	9:05am - 9:45am	\$25
15401	Shrimps	10:45am - 11:25am	\$25
15414	Seahorse	9:55am - 10:35am	\$25
15415	Seahorse	10:45am - 11:25am	\$25
15430	Clownfish	9:55am - 10:35am	\$25
15431	Clownfish	10:45am - 11:25am	\$25
15440	Barracudas	8:15am - 8:55am	\$25
15441	Barracudas	9:05am - 9:45am	\$25
15450	Sting Rays	8:15am - 8:55am	\$25
15451	Sting Rays	9:55am - 10:35am	\$25
15459	Sharks	9:05am - 9:45am	\$25
15466	Whales	8:15am - 8:55am	\$25

Saturday Lessons: Session C

Days: Saturdays
 Date: 4/2/22 - 4/23/22
 Registration: \$20 (Online Only by 3/31/22)

Code	Level	Time	Fee
15402	Shrimps	9:05am - 9:45am	\$25
15403	Shrimps	10:45am - 11:25am	\$25
15416	Seahorse	9:55am - 10:35am	\$25
15417	Seahorse	10:45am - 11:25am	\$25
15432	Clownfish	9:55am - 10:35am	\$25
15433	Clownfish	10:45am - 11:25am	\$25
15442	Barracudas	8:15am - 8:55am	\$25
15443	Barracudas	9:05am - 9:45am	\$25
15452	Sting Rays	8:15am - 8:55am	\$25
15453	Sting Rays	9:55am - 10:35am	\$25
15460	Sharks	9:05am - 9:45am	\$25
15467	Whales	8:15am - 8:55am	\$25



Swim Lesson P.E.

The Fort Lupton Recreation Center offers swim lesson P.E. classes designed for home schooled students. Come and join your friends for fun, exercise and to complete your P.E. credit hours. The class will spend an hour in the pool; 45 minute swim lesson followed by 15 minutes of free swim (kids 6 years and under limited to kiddie pool only).

Days: Wednesdays
 Registration: \$20 - Session A: Online Only by 1/10/22
 Session B: Online Only by 2/7/22
 Session C: Online Only by 3/7/22
 Session D: Online Only by 4/4/22

Code	Age	Time	Fee
Session A - 1/12/22, 1/19/22, 1/26/22			
15469	5 years - 6 years	9:30am - 10:30am	\$25
15470	7 years - 10 years	10:45am - 11:45am	\$25
15471	11 years & over	12:00pm - 1:00pm	\$25
Session B - 2/9/22, 2/16/22, 2/23/22			
15472	5 years - 6 years	9:30am - 10:30am	\$25
15473	7 years - 10 years	10:45am - 11:45am	\$25
15474	11 years & over	12:00pm - 1:00pm	\$25
Session C - 3/9/22, 3/16/22, 3/23/22			
15475	5 years - 6 years	9:30am - 10:30am	\$25
15476	7 years - 10 years	10:45am - 11:45am	\$25
15477	11 years & over	12:00pm - 1:00pm	\$25
Session D - 4/6/22, 4/13/22, 4/20/22			
15478	5 years - 6 years	9:30am - 10:30am	\$25
15479	7 years - 10 years	10:45am - 11:45am	\$25
15480	11 years & over	12:00pm - 1:00pm	\$25

