

Fort Lupton

RECREATION

Summer 2022



Cover picture by

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photography

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Birthday Pool Parties

Have your next party or special occasion at the Fort Lupton Recreation Center Swimming Pool. We will do everything we can to make your time enjoyable and fun for all that are involved. The pool party room will be set up when you arrive. The Aquatics Staff will review all pool rules before your group begins swimming - wrist bands will be provided. Pool parties are scheduled around swimming pool hours. Please call for availability of day and time or visit our website, www.fortluptonco.gov.



Package 1: \$175

Includes - A 1/2 sheet Birthday Cake chosen from the following themes: (Sports, Princess, Spiderman), Napkins, Plates, Cups, Forks, Matching Balloons, Punch (2 gallons), - Additional beverages may be purchased through the Community Center, Pool usage for a maximum of 25 people (2 hours), and Pool Party Room for maximum of 25 people.

Package 2: \$135

Includes - Pool usage for only a maximum of 25 people (2 hours), and Pool Party Room.

...things to keep in mind: Reservations are required at least one week in advance. Daily Fee is required for people who wish to swim after the pool party is over. See daily rates for more information.

CAUTION:

Children 6 years and younger, must have someone 15 years or older in the pool with them at all time AND within arm's reach of the child at all time.

**Please Closely Watch Your Children At All Times!
It Only Takes Seconds For Your Child To Drown.
Your Child's Safety Is Your Responsibility!**

DANGER:

**No Diving - Shallow Water Feet First Only
Prevent Spinal Injuries!**

DANGER:

**No Prolonged Underwater Swimming or Breath Holding.
Competitive and Repetitive Breath Holding Can Be Deadly.**

Pool Rules

- ▶ No one is allowed in the pool area without a lifeguard on duty.
- ▶ All swimmers must shower before entering/re-entering the pool.
- ▶ Proper swim attire must be worn at all times. Lined swimsuits (no exposed metal, buckles, etc.). White T-shirts along with proper swimsuits are allowed. (NO COLORED T-SHIRTS).
- ▶ Children of diaper wearing age must have swim diapers. Please no regular diapers. Swim diapers can be purchased at recreation center front desk.
- ▶ No running.
- ▶ Children 6 years of age and under must be in arms reach of someone 15 years of age or older at all times.
- ▶ Standing on shoulders is not permitted.
- ▶ Water wings are not permitted.
- ▶ No food, drink, gum, or tobacco products permitted in the pool area.
- ▶ No glass items in the pool area.
- ▶ Strollers are not permitted on the pool deck.
- ▶ All swimmers must clear the pool at a lifeguard's request.
- ▶ No horseplay.
- ▶ Mermaid tails are not permitted at the pool.
- ▶ Inappropriate or lewd conduct, as judged by lifeguards to be offensive to the public, will not be tolerated. If a participant does not comply with pool and Center policies, they may be asked to leave.

Summer Pool Schedule: June - August

Sunday	12:00pm - 4:30pm	Open Swim (Slide/Play Features On)
Monday	5:30am - 7:45am	Lap Swim / Limited Swim
	8:00am - 8:45am	Aqua Fitness (class only)
	8:00am - 11:45am	Swim Lessons (Pool Closed)
	12:00pm - 7:30pm	Open Swim (Slide/Play Features On)
Tuesday	5:30am - 6:15am	Aqua Fitness
	6:30am - 7:45am	Lap Swim / Limited Swim
	8:00am - 8:45am	Aqua Fitness (class only)
	8:00am - 11:45am	Swim Lessons (Pool Closed)
	12:00pm - 4:45pm	Open Swim (Slide/Play Features On)
	5:00pm - 7:30pm	Swim Lessons (Pool Closed, see below)
Wednesday	5:30am - 7:45am	Lap Swim / Limited Swim
	8:00am - 8:45am	Aqua Fitness (class ONLY)
	8:00am - 11:45am	Swim Lessons (Pool Closed)
	12:00pm - 7:30pm	Open Swim (Slide/Play Features On)
Thursday	5:30am - 7:45am	Lap Swim / Limited Swim
	8:00am - 8:45am	Aqua Fitness (class ONLY)
	8:00am - 11:45am	Swim Lessons (Pool Closed)
	12:00pm - 4:45pm	Open Swim (Slide/Play Features On)
	5:00pm - 7:30pm	Swim Lessons (Pool Closed, see below)
Friday	5:30am - 6:15am	Aqua Fitness
	6:30am - 7:45am	Lap Swim / Limited Swim
	8:00am - 8:45am	Aqua Fitness
	8:00am - 11:45am	Limited Swim
	12:00pm - 7:30pm	Open Swim (Slide/Play Features On)
Saturday	8:00am - 11:45am	Swim Lessons (Pool Closed, see below)
	12:00pm - 4:30pm	Open Swim (Slide/Play Features On)

Schedule Description:

Open Swim: Starts at 12:00pm Sunday - Saturday.

Lap Swim: Open to all ages. Lap Lanes are strictly for lap swimming. Reservations will NOT be taken.

Limited Swim: Pool is open for water walking in lazy river, water exercise, lap swim, etc.

Aqua Fitness: No registration required, all classes are 45 minutes. Pool is closed Tuesday / Thursday evenings.

Swim Lessons: Swim Lessons start Monday, June 6. Pool is closed during weekday morning, Saturday morning and Tuesday / Thursday evening swim lessons.



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: June 7 - June 30
 Registration: \$30 (Online Only by June 2)

Code	Level	Time	Fee
15575	Shrimps	5:00pm - 5:30pm	\$35
15588	Seahorse	5:40pm - 6:10pm	\$35
15601	Clownfish	5:00pm - 5:30pm	\$35
15602	Clownfish	5:40pm - 6:10pm	\$35
15616	Barracudas	6:20pm - 6:50pm	\$35
15629	Sting Rays	6:20pm - 6:50pm	\$35
15638	Sharks	7:00pm - 7:30pm	\$35
15646	Whales	7:00pm - 7:30pm	\$35

Evening Lessons: Session B

Days: Tuesday / Thursday Evenings
 Date: July 12 - August 4
 Registration: \$30 (Online Only by July 7)

Code	Level	Time	Fee
15576	Shrimps	5:00pm - 5:30pm	\$35
15589	Seahorse	5:40pm - 6:10pm	\$35
15603	Clownfish	5:00pm - 5:30pm	\$35
15604	Clownfish	5:40pm - 6:10pm	\$35
15617	Barracudas	6:20pm - 6:50pm	\$35
15630	Sting Rays	6:20pm - 6:50pm	\$35
15639	Sharks	7:00pm - 7:30pm	\$35
15647	Whales	7:00pm - 7:30pm	\$35

Saturday Lessons: Session A

Days: Saturdays
 Date: June 11 - July 23 (no class July 2)
 Registration: \$30 (Online Only by June 9)

Code	Level	Time	Fee
15577	Shrimps	9:05am - 9:45am	\$35
15578	Shrimps	10:45am - 11:25am	\$35
15590	Seahorse	9:55am - 10:35am	\$35
15591	Seahorse	10:45am - 11:25am	\$35
15605	Clownfish	9:55am - 10:35am	\$35
15606	Clownfish	10:45am - 11:25am	\$35
15618	Barracudas	8:15am - 8:55am	\$35
15619	Barracudas	9:05am - 9:45am	\$35
15631	Sting Rays	8:15am - 8:55am	\$35
15632	Sting Rays	9:55am - 10:35am	\$35
15640	Sharks	9:05am - 9:45am	\$35
15648	Whales	8:15am - 8:55am	\$35

THE CITY OF FORT LUPTON PRESENTS
INDEPENDENCE DAY Celebration
 Food Fireworks Fun
SATURDAY JULY 2, 2022
 4PM - 8PM FREE ACTIVITIES AT THE REC. CENTER

PRESENTED BY: COXY ZERO INC., Bank of Colorado, Aims
 HERITAGE SPONSOR: UNITED POWER

Live Music, Trampoline & Bounce Houses, Fire Dept. Water Slide, All Ages Ropes Course, Petting Zoo, 3 Food Trucks & Beer Garden, *Supporting Hope at Miracle House, And More!

NASHVILLE STAR AND FORT LUPTON NATIVE
KIMI MOST CONCERT 6 PM

FIREWORKS AT DARK
 COYOTE CREEK GOLF COURSE

QUESTIONS: PLEASE CALL 720-928-4071
 WWW.FORTLUPTONCO.GOV/EVENTS
 Event subject to change: Please see updates on website.

Morning Lessons: Session A

Days: Monday - Thursday Mornings
 Date: June 6 - June 16
 Registration: \$40 (Online Only by June 2)

Code	Level	Time	Fee
15567	Shrimps	10:15am - 10:55am	\$45
15568	Shrimps	11:05am - 11:45am	\$45
15580	Seahorse	9:25am - 10:05am	\$45
15581	Seahorse	11:05am - 11:45am	\$45
15593	Clownfish	9:25am - 10:05am	\$45
15594	Clownfish	10:15am - 10:55am	\$45
15608	Barracudas	8:35am - 9:15am	\$45
15609	Barracudas	11:05am - 11:45am	\$45
15621	Sting Rays	10:15am - 10:55am	\$45
15622	Sting Rays	8:35am - 9:15am	\$45
15634	Sharks	9:25am - 10:05am	\$45
15642	Whales	8:35am - 9:15am	\$45

Morning Lessons: Session B

Days: Monday - Thursday Mornings
 Date: June 20 - June 30
 Registration: \$40 (Online Only by June 16)

Code	Level	Time	Fee
15569	Shrimps	10:15am - 10:55am	\$45
15570	Shrimps	11:05am - 11:45am	\$45
15582	Seahorse	9:25am - 10:05am	\$45
15583	Seahorse	11:05am - 11:45am	\$45
15595	Clownfish	9:25am - 10:05am	\$45
15596	Clownfish	10:15am - 10:55am	\$45
15610	Barracudas	8:35am - 9:15am	\$45
15611	Barracudas	11:05am - 11:45am	\$45
15624	Sting Rays	10:15am - 10:55am	\$45
15623	Sting Rays	8:35am - 9:15am	\$45
15635	Sharks	9:25am - 10:05am	\$45
15643	Whales	8:35am - 9:15am	\$45

Morning Lessons: Session C

Days: Monday - Thursday Mornings
 Date: July 11 - July 21
 Registration: \$40 (Online Only by July 7)

Code	Level	Time	Fee
15571	Shrimps	10:15am - 10:55am	\$45
15572	Shrimps	11:05am - 11:45am	\$45
15584	Seahorse	9:25am - 10:05am	\$45
15585	Seahorse	11:05am - 11:45am	\$45
15597	Clownfish	9:25am - 10:05am	\$45
15598	Clownfish	10:15am - 10:55am	\$45
15612	Barracudas	8:35am - 9:15am	\$45
15613	Barracudas	11:05am - 11:45am	\$45
15625	Sting Rays	10:15am - 10:55am	\$45
15626	Sting Rays	8:35am - 9:15am	\$45
15636	Sharks	9:25am - 10:05am	\$45
15644	Whales	8:35am - 9:15am	\$45

Morning Lessons: Session D

Days: Monday - Thursday Mornings
 Date: July 25 - August 4
 Registration: \$40 (Online Only by July 21)

Code	Level	Time	Fee
15573	Shrimps	10:15am - 10:55am	\$45
15574	Shrimps	11:05am - 11:45am	\$45
15586	Seahorse	9:25am - 10:05am	\$45
15587	Seahorse	11:05am - 11:45am	\$45
15599	Clownfish	9:25am - 10:05am	\$45
15600	Clownfish	10:15am - 10:55am	\$45
15614	Barracudas	8:35am - 9:15am	\$45
15615	Barracudas	11:05am - 11:45am	\$45
15628	Sting Rays	10:15am - 10:55am	\$45
15627	Sting Rays	8:35am - 9:15am	\$45
15637	Sharks	9:25am - 10:05am	\$45
15645	Whales	8:35am - 9:15am	\$45