



SSWSC SUMMER 2025 PROGRAMS AT A GLANCE
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YOUTH PROGRAMS - Offered in three-week sessions:

Session 1: June 9-29, **Session 2:** July 7-27, and **Session 3:** July 28-August 17

YOUTH PROGRAMS	Ages	Days	Times	Sessions Offered
YOUTH MOUNTAIN BIKE <i>Intro to mountain biking</i>	6-9	TUES, THURS	8:15-11:15 a.m.	Sessions 1 and 2
CYCLING ADVENTURE TEAM <i>Intro and Intermediate mountain biking</i>	10-13	MON, WED	8:15-11:15 a.m.	Sessions 1 and 2
BEGINNER SKATEBOARD <i>Intro to skateboarding</i>	6-12	MON, WED	8-9:30 a.m. <u>OR</u> 9:30-11 a.m.	Sessions 1, 2, and 3
INTERMEDIATE SKATEBOARD <i>Intermediate skate</i>	8-14	TUES, THURS	8-9:30 a.m.	Sessions 1, 2, and 3
INTERMEDIATE SKATE TO TRAMP <i>Intermediate skate and trampoline</i>	8-14	TUES, THURS	9:30 a.m.-2:30 p.m.	Sessions 1, 2, and 3
IT'S A GIRL THING SKATEBOARD <i>Beginner and intermediate skate for girls</i>	6-14	MON, WED	10-11:30 a.m.	Sessions 1, 2, and 3
FUNFIT <i>Physical literacy for life</i>	9-12	MON, WED <u>OR</u> TUES, THURS	M/W 8:30-11 a.m. T/TH 1:30-4 p.m.	Sessions 1, 2, and 3
FUNDAMENTALS OF S&C <i>Introduction to strength training</i>	12-14	MON, WED <u>OR</u> TUES, THURS	M/W 11 a.m.-12:30 p.m. T/TH 3:30-5 p.m.	Sessions 1, 2, and 3
YOUTH TRAMPOLINE <i>Intro trampoline</i>	8-10	MON, WED	1-2:45 p.m.	Sessions 1, 2, and 3
DEVO TRAMPOLINE <i>Snowboard, freeski, moguls trampoline</i>	10-12	MON, WED	3-5 p.m.	Sessions 1, 2, and 3
JUNIOR/SENIOR TRAMPOLINE <i>Snowboard and freeski trampoline</i>	13+	TUES, THURS	3-5 p.m.	Sessions 1, 2, and 3
INTRO TO WATER RAMPING <i>Intro water ramping</i>	8-11	MON	Noon-2:30 p.m.	Sessions 1, 2, and 3
JUNIOR RAMP/TRAMP TRAINING U10/13 <i>Acrobatic training for freeskiing</i>	8-10	MON	9:30 a.m.-noon	Sessions 1, 2, and 3
FREESKIING TRAMPOLINE/WATER RAMPING <i>Junior Team and Sr. Team tramp/ramp</i>	12+	TUES, THURS, WED	T/TH 10:30 a.m.-12:30 p.m., W 10:30-1:30	Sessions 1, 2, and 3
U15 WATER RAMP/TRAMPOLINE TRAINING <i>Freestyle tramp/ramp</i>	13-14	MON, TUES, THURS	8:30 a.m.-noon	Sessions 1 and 3 Mt. Hood Camp July 6-19
U10 JUMPING/NORDIC COMBINED <i>Summer plastic jumping and skill dev</i>	7-9	WED, FRI	9-11 a.m.	Sessions 1, 2, and 3
U12 JUMPING/NORDIC COMBINED <i>Summer jumping and cross country training</i>	10-12	MON, WED, FRI	M 8:30-10 a.m., W/F 9-11 a.m.	Sessions 1, 2, and 3
U14 JUMPING/NORDIC COMBINED <i>Summer jumping and cross country training</i>	12-13	MON, TUES, WED, FRI	M 7:30-10 a.m., T/W/F 7:30-10 a.m. TH 8-10 a.m.	Sessions 1, 2, and 3

FULL SUMMER PROGRAMS AND WEEK-LONG CAMPS

Program	Ages	Days	Times	Sessions Offered
INTERMEDIATE MOUNTAIN BIKE CAMP <i>Four days of fun, skill development</i>	8-10	MON-THURS	8:30 a.m. - 2:30 p.m.	July 28-31 and August 4-7
ADVANCED MOUNTAIN BIKE CAMP <i>Four days of fun, skill development</i>	10-13	MON-THURS	8:30 a.m. - 2:30 p.m.	August 11-14
CYCLING JUNIOR TEAM <i>Fitness and technical skills</i>	9-13	SPRING: MON, WED SUMMER: MON, WED, FRI	SPRING: 4-6 p.m. SUMMER: 8-11 a.m.	SPRING: May 5-29 SUMMER: June 6-August 1
SENIOR ENDURO TEAM <i>Enduro training and race program</i>	14-18	SPRING: BIKING: MON, THURS STRENGTH: WED SUMMER: BIKING TUES AND THURS STRENGTH: MON AND WED	SPRING: BIKING: 4-6 p.m. STRENGTH: 2:30-4 p.m. SUMMER: BIKING: 7:30-10 a.m. <u>OR</u> 10 a.m. - 12:30 p.m. STRENGTH: 8:30-10 a.m.	SPRING: May 5-June 5 SUMMER: June 6-August 1
SENIOR CYCLING TEAM CROSS COUNTRY <i>Cross country training and race program</i>	14-18	SPRING: BIKING: MON, THURS STRENGTH: WED SUMMER: BIKING: TUES, THURS, FRI STRENGTH: MON, WED	SPRING: BIKING: 4-6 p.m. STRENGTH: 2:30-4 p.m. SUMMER: BIKING: 7:30-10 a.m. T, TH, 7:30-11 a.m. F STRENGTH: 8-9:30 a.m.	SPRING: May 5 - June 5 SUMMER: June 6-August 1
HS MOUNTAIN BIKE TEAM <i>Colorado HS League training and racing</i>	9th-12 Grade	MON, TUES, THURS	4-6 p.m.	August 11-October 20
BIKEPACKING OVERNIGHT ADD-ON <i>Intro to bikepacking</i>	8th Grade+	THURS, AND MON-TUES	THURS 4-6 p.m. MON-TUES all day	Thurs, July 17 and Mon-Tues, July 28-29
CROSS COUNTRY U12 MINI CAMP <i>Intro to summer cross country training</i>	10-12	MON-THURS	6 sessions, 4 days	July 21-24
CROSS COUNTRY U14 SUMMER <i>Fundamentals of summer cross country training</i>	12-13	TUES, THURS	8-10 a.m.	June 17-July 31