



LEARN TO SWIM PROGRAMS WITH THE CITY OF LONGMONT

Our programs offer a variety of different swim lesson options for everyone from toddlers to adults (see page 16 for Adult swim lessons). Below in the colored boxes are all our lesson options you can choose from. Each program offers a unique curriculum catering to different swimmers ages, skills, and comfort levels. Unsure of what class to choose? You can set up a time to test your ability's helping you choose the right swim class to sign up for. Arrange a FREE swim test with Tarah, 303-774-4890, Mark, 303-651-8408, or RecSupport@LongmontColorado.gov



New! Time Friendly Swim Lessons

Get all your kids in and out of swim lessons in less than an hour! Our new time friendly swim lessons are designed to offer more class options at the same time with the goal to minimize wait times between classes. Sign up for a time frame that best works with your schedule. Register for a Preschool (Turtle, Alligator, Seal) or an American Red Cross (Level 2,3,4) time slot. At the beginning of the session students are divided into appropriate classes based off of questions asked at registration. Preschool and Levels 2-4 time friendly class offerings are 35 minutes; Blast and Teen time friendly are 45 min.

Preschool Program

The Preschool Program follows the objectives of the American Red Cross Learn-to-Swim program, Levels 1-2, but further divides the skills to provide a learning environment better suited for preschoolers.

3-5 years old • Lessons are 30 min

Turtle: Water Introduction

Students with no or limited water experience and who are uncomfortable putting their face in the water.

Alligator: Skill Introduction

Pre-requisite: Must be able to comfortably submerge face & head underwater. Students will learn to float independently on front and back for 5 seconds.

Seal: Stroke Introduction

Pre-requisite: Must be able to float independently on front & back for 5 seconds. Students will learn to swim 5 body lengths on their front without stopping and become comfortable in deep water.

Parent/Child: Aquababy & Aquatot

6 months to 3½ years old | classes are 30 min Parent and child will be coached using a variety of games and techniques individualized to maximize water comfort and introduce swimming skills. Sessions can and should be repeated.

Aquababy

6-18 months. Familiarize children between the ages of 6 months and 18 months with the water and teach swimming readiness skills.

Aquatot

18 months - 3½ yrs. Swimmers will spend increasing amounts of time with the instructor practicing bubbles, floats, walking across the pool and playing. Improve skills learned in Aquababy and work on independence in the water.

Private Swim or Dive Lessons

A limited number of instructors are available for private and semi-private instruction. Visit LongmontColorado.gov and search "private swim lessons" to find current instructors, teaching availability, and contact information. Contact instructors directly to set up lessons. Fees are paid at time of lesson.

Private Fee:

30 min: \$25 resident/ \$31.25 non-resident
45 min: \$35 resident/ \$43.75 non-resident

Semi-Private Fee:

30 min: \$35 resident /\$43.75 non-resident
(max. 3 students)

American Red Cross Learn-to-Swim;

The ARC learn-to-swim program is a nationally recognized program designed to teach lifelong safety, survival and swimming skills.

6 years & up • Level 1 & 2 are 30 min • Levels 3-4 are 40 min

Level 1: Introduction to Water Skills

Geared for students with little or no water comfort. Students will become comfortable submerging their entire bodies in the water and learn to float independently on their front and back.

Level 2: Fundamental Aquatic Skills

Students who can float independently will learn how to tread water and swim 5 body lengths on their front without stopping.

Level 3: Stroke Development

Students will learn rotary breathing, front crawl and elementary backstroke. Successful completion is 25 yards combined front crawl and elementary backstroke.

Level 4: Stroke Improvement

Students will learn back crawl, breaststroke, sidestroke and butterfly, while building endurance in front crawl. Successful completion is 50 yards combined front crawl and elementary backstroke, and 25 yards combined breaststroke and back crawl.

Water Explorers

2 ½ - 3 years old | Classes are 30 min

Water Explorers is designed as a transition class for children who want more independence than the Aquatot class, but are still learning how to follow instructions without mom or dad in the water.

Water Explorers is perfect if your child is ready to be in the water without you, but is too young to start the Preschool program. Class size is smaller to help foster positive experiences while in the pool without mom or dad. Your child will explore the water through songs, games, and toys with an instructor and at the same time learn how to be part of a group, understand water safety rules and how to follow directions.

Got Goggles?

Goggles are not recommended for Water Explorer, Turtle, Alligator and Level 1 classes. In order to learn proper breath control, goggles that cover the nose are not recommended.

BLAST!

Accelerated Swim Lessons

Blast, City of Longmont swim program, focuses on competitive stroke development and competency to best prepare swimmers for swim teams.

5 years & up • Beginning Blast is 40 min • Blast 1-3 are 45 min

Beginning Blast: Stroke Preparation

Pre-requisite: Must be able to comfortably submerge face & head underwater. Students will learn basic water skills including rhythmic breathing, floating, gliding and kicking.

Blast 1: Freestyle

Pre-requisite: Front & back float; front & back glide with flutter kick, combined freestyle arms & legs 15 yards. Students will focus on freestyle by developing good body position, stroke, flutter kick and bilateral breathing technique. Begin working on backstroke.

Blast 2: Backstroke

Pre-requisite: front & back streamline kick 15 yards; swim 25 yds freestyle w/bilateral breathing and proper kicking. Students will continue to work on freestyle technique. Focus on backstroke technique, including body roll, strong, consistent flutter kick, and stroke timing. Breaststroke kick and start dives also introduced in this level.

Blast 3: Butterfly & Breaststroke

Pre-requisite: swim 50 yds freestyle w/ proper technique, 50 yds backstroke, 25 yds breaststroke kick. Students will learn breaststroke and butterfly, focusing on stroke breakdown and timing. Continue refining freestyle & backstroke. Flip turns introduced.

Individuals with Special Needs

City of Longmont Recreation Services welcomes and strives to accommodate individuals of all physical and intellectual abilities in our learn-to-swim programs. If you or your child have concerns or need special accommodation to participate in lessons, please call 303-651-8408. For individuals not ready for or comfortable participating in group lessons, please see private swim lessons.

Teen 1 & Teen 2 Class Descriptions page 16

INDOOR LESSONS AT CENTENNIAL POOL

Monday & Wednesday Morning

	Time	Ssn 1	Ssn 2	Ssn 3	Ssn 4	Ssn 5
* starts on Wed	Date	*1/4-1/25	1/30-2/22	2/27-3/22	4/3-4/26	5/1-5/17
	Fee	\$28 / \$35	\$32 / \$40	\$32 / \$40	\$32 / \$40	\$24 / \$30
Water Explorers	9:05 AM	120014.1A	120014.2A	120014.3A	220014.4A	220014.5A
Turtle	9:40 AM	120021.1A	120021.2A	120021.3A	220021.4A	220021.5A
Alligator	10:15 AM	120022.1A	120022.2A	120022.3A	220022.4A	220022.5A
Seal	10:50 AM	120023.1A	120023.2A	120023.3A	220023.4A	220023.5A

Monday & Wednesday Evening

	Time	Ssn 1*	Ssn2	Ssn 3	Ssn 4	Ssn 5
* starts on Wed	Date	1/4-1/25	1/30-2/22	2/27-3/22	4/3-4/26	5/1-5/17
	Fee	\$28 / \$35	\$32 / \$40	\$32 / \$40	\$32 / \$40	\$24 / \$30
Turtle	5:25 PM	120121.1A	120121.2A	120121.3A	220121.4A	220121.5A
Alligator	4:15 PM	120122.1A	120122.2A	120122.3A	220122.4A	220122.5A
	4:50 PM	120122.1B	120122.2B	120122.3B	220122.4B	220122.5B
	5:25 PM	120122.1C	120122.2C	120122.3C	220122.4C	220122.5C
Seal	6:00 PM	120123.1A	120123.2A	120123.3A	220123.4A	220123.5A
Level 1	4:35 PM	120131.1A	120131.2A	120131.3A	220131.4A	220131.5A
Level 2	4:45 PM	120132.1A	120132.2A	120132.3A	220132.4A	220132.5A
Level 3	5:20 PM	120133.1A	120133.2A	120133.3A	220133.4A	220133.5A
Level 4	6:05 PM	120134.1A	120134.2A	120134.3A	220134.4A	220134.5A
	Fee	\$35 / \$43.75	\$40 / \$50	\$40 / \$50	\$40 / \$50	\$30 / \$37.50
Beginning Blast	4:40 PM	120140.1A	120140.2A	120140.3A	220140.4A	220140.5A
	5:15 PM	120140.1B	120140.2B	120140.3B	220140.4B	220140.5B
Blast 1	4:25 PM	120141.1A	120141.2A	120141.3A	220141.4A	220141.5A
	6:00 PM	120141.1B	120141.2B	120141.3B	220141.4B	220141.5B
Blast 2	5:10 PM	120142.1A	120142.2A	120142.3A	220142.4A	220142.5A
Blast 3	6:00 PM	120143.1A	120143.2A	120143.3A	220143.4A	220143.5A



TEEN LEARN-TO-SWIM CLASSES

Teen 1: Learning the Basics

Teen 1 focuses on teaching teens the basic techniques of floating, water safety and stroke development. This class offers teens an environment where they can feel comfortable learning beginner to intermediate swim techniques.

Teen 2: Endurance and Stroke Enhancement

Teen 2 focuses on providing workouts for teen swimmers who need more than just lessons. During their workouts the instructor will include technique based drills to enhance their strokes and improve proficiency in the water.

All classes are 45 minutes long and both Teen classes can be tailored to goals of the participants. Ages: 11-17

🕒 Saturday Morning

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/7-2/11	2/18-3/25	4/1-5/20
	Fee	\$24 / \$30	\$24 / \$30	\$32 / \$40
Aquatot	9:25 AM	120612.1A	120612.2A	220612.3A
Water Explorers	11:20 AM	120614.1A	120614.2A	220614.3A
Preschool	10:00 AM	120627.1A	120627.2A	220627.3A
	10:40 AM	120627.1B	120627.2B	220627.3B
Level 1	11:20 AM	120631.1A	120631.2A	220631.3A
Levels 2-4	10:00 AM	120637.1A	120637.2A	220637.3A
	Fee	\$30 / \$37.50	\$30 / \$37.50	\$40 / \$50
Beginning Blast	11:20 AM	120640.1A	120640.2A	220640.3A
Blast 1-3	10:40 AM	120647.1A	120647.2A	220647.3A
Teen 2	11:30 AM	120652.1A	120652.2A	220652.3A

🕒 Sunday Afternoon

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/8-2/12	2/19-3/26	4/2-5/21*
	Fee	\$24 / \$30	\$24 / \$30	\$28 / \$35
Water Explorers	4:20 PM	120714.1A	120714.2A	220714.3A
Preschool	3:00 PM	120727.1A	120727.2A	220727.3A
	3:40 PM	120727.1B	120727.2B	220727.3B
Level 1	4:20 PM	120731.1A	120731.2A	220731.3A
Levels 2-4	3:00 PM	120737.1A	120737.2A	220737.3A
	Fee	\$30 / \$37.50	\$30 / \$37.50	\$35 / \$43.75
Beginning Blast	4:20 PM	120740.1A	120740.2A	220740.3A
Blast 1-3	3:40 PM	120747.1A	120747.2A	220747.3A
Teen 1-2	4:30 PM	120757.1A	120757.2A	220757.3A

*No class 4/16 Easter

INDOOR LESSONS AT LONGMONT RECREATION CENTER



Time Friendly Swim Lessons

Get all your kids in and out of swim lessons in less than an hour! At the beginning of the session students are divided into appropriate classes based on questions from registration.

Tuesday & Thursday Morning						
	Time	Ssn 1	Ssn2	Ssn 3	Ssn 4	Ssn 5
	Date	1/3-1/26	1/31-2/23	2/28-3/23	4/4-4/27	5/2-5/18
	Fee	\$32 / \$40	\$32 / \$40	\$32 / \$40	\$32 / \$40	\$24 / \$30
Water Explorers	10:40 AM	110214.1A	110214.2A	110214.3A	210214.4A	210214.5A
Turtle	8:55 AM	110221.1A	110221.2A	110221.3A	210221.4A	210221.5A
	10:05 AM	110221.1B	110221.2B	110221.3B	210221.4B	210221.5B
Alligator	9:30 AM	110222.1A	110222.2A	110222.3A	210222.4A	210222.5A
	10:05 AM	110222.1B	110222.2B	110222.3B	210222.4B	210222.5B
Seal	9:30 AM	110223.1A	110223.2A	110223.3A	210223.4A	210223.5A
	Fee	\$16 / \$20	\$16 / \$20	\$16 / \$20	\$16 / \$20	\$12 / \$15
Aquababy Tu AM	8:55 AM	110211.1A	110211.2A	110211.3A	210211.4A	210211.5A
Aquatot Th AM	8:55 AM	110212.1A	110212.2A	110212.3A	210212.4A	210212.5A
	Fee	\$40/ \$50	\$40/ \$50	\$40/ \$50	\$40/ \$50	\$30/ \$37.50
Beginning Blast	10:40 AM	110240.1A	110240.2A	110240.3A	210240.4A	210240.5A

Tuesday Afternoon				
	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/3-2/7	2/14-3/21	4/4-5/16
	Fee	\$24 / \$30	\$24 / \$30	\$28 / \$35
Preschool	4:00 PM	110327.1A	110327.2A	210327.3A
	4:40 PM	110327.1B	110327.2B	210327.3B
	5:20 PM	110327.1C	110327.2C	210327.3C
Level 1	6:10 PM	110331.1A	110331.2A	210331.3A
Levels 2-4	4:00 PM	110337.1A	110337.2A	210337.3A
	4:40 PM	110337.1B	110337.2B	210337.3B
	Fee	\$30/ \$37.50	\$30/ \$37.50	\$35/ \$43.75
Beginning Blast	6:00 PM	110340.1A	110340.2A	210340.3A
Blast 1-3	5:20 PM	110347.1A	110347.2A	210347.3A

Wednesday Afternoon				
	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/4-2/8	2/15-3/22	4/5-5/17
	Fee	\$24 / \$30	\$24 / \$30	\$28 / \$35
Turtle	12:00 PM	110421.1A	110421.2A	210421.3A
	1:45 PM	110421.1B	110421.2B	210421.3B
Alligator	12:35 PM	110422.1A	110422.2A	210422.3A
	1:10 PM	110422.1B	110422.2B	210422.3B
Seal	12:35 PM	110423.1A	110423.2A	210423.3A
	1:10 PM	110423.1B	110423.2B	210423.3B

Thursday Afternoon				
	Time	Ssn 1	Ssn2	Ssn 3
	Date	1/5-2/9	2/16-3/23	4/6-5/18
	Fee	\$24 / \$30	\$24 / \$30	\$28 / \$35
Water Explorers	4:00 PM	110514.1A	110514.2A	210514.3A
Turtle	4:00 PM	110521.1A	110521.2A	210521.3A
	4:35 PM	110521.1B	110521.2B	210521.3B
	5:10 PM	110521.1C	110521.2C	210521.3C
Alligator	4:00 PM	110522.1A	110522.2A	210522.3A
	4:35 PM	110522.1B	110522.2B	210522.3B
	5:10 PM	110522.1C	110522.2C	210522.3C
Seal	4:35 PM	110523.1A	110523.2A	210523.3A
	5:10 PM	110523.1B	110523.2B	210523.3B
Level 1	4:00 PM	110531.1A	110531.2A	210531.3A
Level 2	5:30PM	110532.1A	110532.2A	210532.3A
Level 3	4:00 PM	110533.1A	110533.2A	210533.3A
Level 4	4:45 PM	110534.1A	110534.2A	210534.3A
	Fee	\$30/\$37.50	\$30/\$37.50	\$35/\$43.75
Beginning Blast	4:00 PM	110540.1A	110540.2A	210540.3A
	4:45 PM	110540.1B	110540.2B	210540.3B
Blast 1	5:30 PM	110541.1A	110541.2A	210541.3A
Blast 2	4:35 PM	110542.1A	110542.2A	210542.3A
Blast 3	5:25 PM	110543.1A	110543.2A	210543.3A

Sunday Morning				
	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/8-2/12	2/19-3/26	4/2-5/21*
	Fee	\$24/\$30	\$24/\$30	\$28/\$35
Aquababy	9:20 AM	110711.1A	110711.2A	210711.3A
Aquatot	9:55 AM	110712.1A	110712.2A	210712.3A
Water Explorers	9:20 AM	110714.1A	110714.2A	210714.3A
	9:55 AM	110714.1B	110714.2B	210714.3B
Preschool	8:30 AM	110727.1A	110727.2A	210727.3A
	9:10 AM	110727.1B	110727.2B	210727.3B
	9:50 AM	110727.1C	110727.2C	210727.3C
	10:30 AM	110727.1D	110727.2D	210727.3D
Level 1	10:30 AM	110731.1A	110731.2A	210731.3A
Levels 2-4	8:30 AM	110737.1A	110737.2A	210737.3A
	9:10 AM	110737.1B	110737.2B	210737.3B
	9:50 AM	110737.1C	110737.2C	210737.3C
	Fee	\$30/ \$37.5	\$30/ \$37.5	\$35/ \$43.75
Beginning Blast	10:30 AM	110740.1A	110740.2A	210740.3A
Blast 1-3	10:30 AM	110747.1A	110747.2A	210747.3A
Teen 1-2	8:30 AM	110757.1A	110757.2A	210757.3A

*no class 4/16

ADULT LEARN-TO-SWIM

Adult 1: Learning the Basics

Overcome the fear of the water and learn the basic skills to achieve a minimum level of water competency. In this course, participants strive for skill and stroke performance focusing on breath control, submerging, floating and learning the basics of front crawl and elementary backstroke.

Adult 2: Improving Skills & Swimming Strokes

Improve foundational skills and swimming strokes to gain an overall level of comfort in the water. In this course, participants work on increasing technique and endurance in front crawl and elementary backstroke, while breast-stroke and back crawl will be introduced.

All Classes are 45 minutes long and both Adult Swim classes can be tailored to goals of the participants. 18 & up

Centennial Pool	Saturday	1/7-2/11	2/18-3/25	4/1-5/20
Adult 1-2	11:30 AM	120662.1A	120662.2A	220662.3A
	Time/Fee	\$31.50/ \$39.50	\$31.50/ \$39.50	\$36.75/ \$46
	Sunday	1/8-2/12	2/19-3/26	4/2-5/21*
	Time/Fee	\$31.50/ \$39.50	\$31.50/ \$39.50	\$36.75/ \$46
Adult 1	4:30 PM	120761.1A	120761.2A	220761.3A
		* NO CLASS 4/16		

Longmont Recreation Center	Sunday	1/8-2/12	2/19-3/26	4/2-5/21*
Adult 1-2	7:40 AM	110767.1A	110767.2A	210767.3A
	Time/ Fee	\$31.50/ \$39.50	\$31.50/ \$39.50	\$36.75/ \$46
		* NO CLASS 4/16		



SCUBA- Learn To Dive

Part 1- Learn To Dive. This two part course is a fun way to test the waters and learn basic scuba skills. Scuba equipment, diving science and basic diver rescue skills are learned, providing students all the necessary skills to complete the Open Water Scuba Diver certification (Part 2- information provided in class). Bring to Class- swimsuit, mask, fins, snorkel, & booties (available for purchase- contact instructor: adventurescubaco@gmail.com)

12 & up: **Thurs 7-10pm; Fri 6-10pm; Sat 8am-5pm; Sun 7am-2:30pm**

Dates:	Jan 26-29	121900.1A
	Mar 23-26	221900.1A

Location: Centennial Pool, 1201 Alpine St
 Fee: \$150 resident/ \$187.50 non-resident

Synchronized Swimming

Synchronized swimming is a combination of speed swimming, dancing, and gymnastics. It is the ultimate team sport. Synchro helps to develop and create body awareness, building skills used throughout life. Contact Coach; Chloe Hesse to sign up; 720-633-2705 or chloehesse19@gmail.com

7 -17 yrs: **Tuesday, 7-8:30pm & Thursday, 5:30-7pm**

Location: Centennial Pool, 1201 Alpine St
 Fee: \$100/month

KAYAK in the POOL

We provide the WATER, You provide the BOAT! Come to Centennial Pool to keep up with your rolls and braces. Why not take time to perfect your off-side roll or your hand roll? Please wash out all boats in the fenced in patio located on the South end of the pool prior to entering the water (hose provided). Must arrive before 4:30pm.

11 & up: **Sun, 5:30-7:30pm** 121500

Dates: **Jan 22 & 29; Feb 12 & 26**

11 & up: **Sun, 5:30-7:30pm** 221500

Dates: **Mar 12 & 19; Apr 9 & 23**

Location: Centennial Pool, 1201 Alpine St
 Fee: \$15 resident/ \$18.75 non-resident



YOUTH ATHLETICS

CARA Lacrosse League

An organized, coed team participation program with an emphasis skill building, fun and participation. Teams practice 2 hours per week. Seven games are played in Longmont or surrounding communities on Saturdays beginning Mar 18. Mandatory Equipment: stick, gloves, arm pads, shoulder pads, mouth piece, protective cup and NOCSAE approved helmet. Rib pads are recommended. All equipment must conform to NFHS rules. Registration Deadline is March 12.

Dates: **March 13-April 29**

Ages:	6 to 8 years	212264.B6
	8 to 10 years	212264.B8
	10 to 12 years	212264.B0
	12 to 14 years	212264.B2

Location: Sandstone Ranch, 3001 E Hwy 119
 Fee: \$70 resident/\$87.50 non-resident

Fast-pitch Softball

The Fast-pitch softball program is affiliated with the IPGSA league and is an organized team participation program for girls 6-18 years old. The program emphasizes teamwork, sportsmanship, skill development and fun. Teams meet 2-3 times per week for games and/or practices. Away games involve travel to nearby cities. Register according to age as of January 1, 2017. Registration Deadline is March 19. Practice begins April 1 and games begin May 1.

Dates: **April 1-July 8**

8 & Under	\$65 res/\$81.25 non-res	212210.00
10 & Under	\$75 res/\$93.50 non-res	212211.00
12 & Under	\$80 res/\$100 non-res	212212.00
14 & Under	\$85 res/\$106.25 non-res	212214.00
18 & Under	\$90 res/\$112.50 non-res	212218.00