

Learn to Swim WITH LONGMONT RECREATION & GOLF SERVICES!

Our programs offer a variety of swim lesson options for everyone, from toddlers to adults. Each program offers a unique curriculum which caters to different ages, skills, and comfort levels. Unsure of what class to choose? Arrange a FREE swim test. Contact: 303-774-4890, 303-651-8408, or RecSupport@LongmontColorado.gov

Detailed class descriptions are available at LongmontColorado.gov/swim under Swim Lesson Class Descriptions.

Parent/Child: Aquababy & Aquatot

6 months - 3 years: 30 minutes

Parents and child will be coached using a variety of games and techniques to maximize water comfort and introduce swimming skills. Aquababy- 6-18 months
Aquatot- 18 months- 3 years

Water Explorers

2.5-3 years: 30 minutes

Pre-requisite- Comfortable being in class environment without parent in the water.

Preschool Program

3-5 years old: 30 minutes

Turtle- Water Introduction

Learn how to submerge face underwater along with water exploration.

Alligator- Floating & Roll-Overs

Pre-requisite: Confidently submerge entire head, 3 times.

Seal- Stroke Introduction

Pre-requisite- Independently front float for 3 seconds, roll to back float, & hold for 10 seconds.

Private Swim or Dive Lessons

Visit LongmontColorado.gov, search "private swim lessons", fill out request form to receive the Private Swim Lesson Guide.

Fees are paid at time of lesson.

Private Fee:

30 min: \$30 resident/\$37.50 non-resident
45 min: \$40 resident/\$50 non-resident

Semi-Private Fee:

30 min: \$40 resident/\$50 non-resident
45 min: \$50 resident/\$62.50 non-resident (max. 3 students)

Please note:

Swim lessons do not include facility open swim admittance fees; please plan to pay admittance fees to attend open swim.

BLAST! Accelerated Swim Lessons

5 years & up: 45 minutes

Beginning Blast- Stroke Introduction

Pre-requisite- Independently front float for 3 seconds, roll to back float, & hold for 10 seconds.

Blast 1-Freestyle

Pre-requisite- 15 yds continuous free-style, rolling over to rest as needed. Needs to be comfortable in water where student can't touch the bottom of the pool.

Blast 2-Backstroke

Pre-requisite- 25 yds freestyle with proper technique & consistent bilateral breathing.

Blast 3- Butterfly & Breaststroke

Pre-requisite- 50 yds freestyle with proper technique, 50 yds backstroke, & 25 yds breaststroke kick.

American Red Cross- Learn to Swim

6 years & up: 30 minutes

Level 1: Introduction to Water Skills

Learn how to submerge face underwater, float & glide independently on front & back.

Level 2: Fundamental Aquatic Skills

Pre-requisite- Independently glide on front 2 body lengths, roll to back, float for 5 seconds, recover to standing position.

Level 3- Stroke Development

Pre-requisite- Swim on front 5 body lengths, roll to back, float for 15 seconds, roll to front, continue swimming 5 more body lengths.

Level 4- Stroke Improvement

Pre-requisite- Jump into deep water, tread/float 1 minute, transition into 15 yds front crawl with bilateral breathing to 15 yds elementary backstroke.

Individuals with Special Needs

Longmont Recreation & Golf Services welcomes and strives to accommodate individuals of all physical and intellectual abilities in our learn-to-swim programs. To request an accommodation, please call 303-651-8408. Two weeks advanced notice is greatly appreciated.

TEEN & ADULT CLASSES

Adult Swim Lessons

18 years & up: 45 minutes

Adult 1: Learning the Basics

Overcome the fear of the water and learn swimming basics.

Adult 2: Improving Skills & Swimming Strokes

Improve technique and endurance in front crawl and elementary backstroke. Breast-stroke and back crawl are introduced.

Teen Swim Lessons

11-17 years: 45 minutes

Teen 1: Learning the Basics

Learn floats and stroke development. Class fosters a comfortable environment for teens to learn beginner to intermediate swim techniques.

Teen 2: Endurance & Stroke Enhancement

Provides workouts, including technique based drills to enhance strokes and improve proficiency in water. Swim team prep, or fitness.

SWIM LESSONS PREVENT DROWNINGS

According to the American Academy of Pediatrics, children enrolled in formal swimming lessons have an 88% reduced risk of drowning.



Desired class already full?

Ask to be added onto the waitlist. If enough people sign up on the waitlist, we can create a **NEW class!**

Indoor Lessons CENTENNIAL POOL

MONDAY & WEDNESDAY MORNING						
	Time	Ssn 1	Ssn 2	Ssn 3	Ssn 4	Ssn 5
	Date	1/6-1/29	2/3-2/26	3/2-3/18	3/30-4/22	4/27-5/13
	Fee	\$38/\$47.50	\$38/\$47.50	\$28.50/\$35.75	\$38/\$47.50	\$28.50/\$35.75
Water Explorers	9:05AM	120014.1A	120014.2A	120014.3A	220014.4A	220014.5A
Turtle	9:40AM	120021.1A	120021.2A	120021.3A	220021.4A	220021.5A
Alligator	10:15AM	120022.1A	120022.2A	120022.3A	220022.4A	220022.5A
Seal	10:50AM	120023.1A	120023.2A	120023.3A	220023.4A	220023.5A

MONDAY & WEDNESDAY EVENING						
	Time	Ssn 1	Ssn 2	Ssn 3	Ssn 4	Ssn 5
	Date	1/6-1/29	2/3-2/26	3/2-3/18	3/30-4/22	4/27-5/13
	Fee	\$38/\$47.50	\$38/\$47.50	\$28.50/\$35.75	\$38/\$47.50	\$28.50/\$35.75
Turtle	5:20 PM	120121.1A	120121.2A	120121.3A	220121.4A	220121.5A
Alligator	4:45 PM	120122.1A	120122.2A	120122.3A	220122.4A	220122.5A
Seal	4:45 PM	120123.1A	120123.2A	120123.3A	220123.4A	220123.5A
Level 1	5:20 PM	120131.1A	120131.2A	120131.3A	220131.4A	220131.5A
Level 2	5:55 PM	120132.1A	120132.2A	120132.3A	220132.4A	220132.5A
Level 3	5:55PM	120133.1A	120133.2A	120133.3A	220133.4A	220133.5A

Blast Fees						
	Fee	\$50/\$62.50	\$50/\$62.50	\$37.50/\$47	\$50/\$62.50	\$37.50/\$47
Beginning Blast	5:25 PM	120140.1A	120140.2A	120140.3A	220140.4A	220140.5A
Blast 1	4:20 PM	120141.1A	120141.2A	120141.3A	220141.4A	220141.5A
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

SMALL CLASSES - MON & WED AFTERNOON						
	Time	Ssn 1	Ssn 2	Ssn 3	Ssn 4	Ssn 5
	Date	1/6-1/29	2/3-2/26	3/2-3/18	3/30-4/22	4/27-5/13
	Fee	\$80/\$100	\$80/\$100	\$60/\$75	\$80/\$100	\$60/\$75
Turtle	4:45 PM	120121.S1	120121.S2	120121.S3	220121.S4	220121.S5
Alligator	5:20 PM	120122.S1	120122.S2	120122.S3	220122.S4	220122.S5
Seal	5:55 PM	120123.S1	120123.S2	120123.S3	220123.S4	220123.S5

Small Class Blast Fees						
	Fee	\$96/\$120	\$96/\$120	\$72/\$90	\$96/\$120	\$72/\$90
Beginning Blast	4:35 PM	120140.S1	120140.S2	120140.S3	220140.S4	220140.S5

SATURDAY MORNING				
	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/4-2/8	2/15-3/21	3/28-5/9
	Fee	\$28.50/\$35.75	\$28.50/\$35.75	\$33.25/\$41.50
Turtle	10:05 AM	120621.1A	120621.2A	220621.3A
Alligator	10:55 AM	120622.1A	120622.2A	220622.3A
Seal	10:40 AM	120623.1A	120623.2A	220623.3A
Level 1	11:40 AM	120631.1A	120631.2A	220631.3A
Level 2	11:10 AM	120632.1A	120632.2A	220632.3A
Level 3	10:35 AM	120633.1A	120633.2A	220633.3A
Level 4	10:00 AM	120634.1A	120634.2A	220634.3A

	Fee	\$37.50/\$47	\$37.50/\$47	\$43.75/\$54.75
Beginning Blast	9:30 AM	120640.1A	120640.2A	220640.3A
Blast 1	10:00 AM	120641.1A	120641.2A	220641.3A
Blast 2	10:50 AM	120642.1A	120642.2A	220642.3A

SMALL CLASSES - SAT MORNING				
	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/4-2/8	2/15-3/21	3/28-5/9
	Fee	\$60/\$75	\$60/\$75	\$70/\$87.50
Turtle	11:30 AM	120621.S1	120621.S2	220621.S3
Alligator	9:30 AM	120622.S1	120622.S2	220622.S3
Seal	10:20 AM	120623.S1	120623.S2	220623.S3

SUNDAY AFTERNOON				
	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/5-2/9	2/16-3/22	3/29-5/10*
	Fee	\$28.50/\$33.75	\$28.50/\$33.75	\$28.50/\$33.75
Water Explorers	4:10 PM	120714.1A	120714.2A	220714.3A
Turtle	3:50 PM	120721.1A	120721.2A	220721.3A
Alligator	3:00 PM	120722.1A	120722.2A	220722.3A
Seal	4:25 PM	120723.1A	120723.2A	220723.3A
Level 1	4:25 PM	120731.1A	120731.2A	220731.3A
Level 2	3:00 PM	120732.1A	120732.2A	220732.3A
Level 3	3:00 PM	120733.1A	120733.2A	220733.3A

	Fee	\$37.50/\$47	\$37.50/\$47	\$43.75/\$54.75
Beginning Blast	3:00 PM	120740.1A	120740.2A	220740.3A
Blast 1	3:35 PM	120741.1A	120741.2A	220741.3A
Blast 2	4:25PM	120742.1A	120742.2A	220742.3A
Blast 3	3:35 PM	120743.1A	120743.2A	220743.3A

SMALL CLASSES - SUN AFTERNOON				
	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/5-2/9	2/16-3/22	3/29-5/10*
	Fee	\$60/\$75	\$60/\$75	\$60/\$75
Turtle	3:00PM	120721.S1	120721.S2	220721.S3
Alligator	3:35PM	120722.S1	120722.S2	220722.S3
Seal	3:35PM	120723.S1	120723.S2	220723.S3

	Fee	\$96/\$120	\$96/\$120	\$84/\$105
Beginning Blast	4:10PM	120740.S1	120740.S2	220740.S3

SMALL CLASS SWIM LESSONS

Does your child learn better in smaller group environments? Our Small Class Swim Lessons guarantee a maximum of 3 students per teacher. Use keyword "smallclass" (no spaces) to view and register for small classes online!

TUESDAY & THURSDAY MORNING

	Time	Ssn 1	Ssn 2	Ssn 3	Ssn 4	Ssn 5
	Date	1/7-1/30	2/4-2/27	3/3-3/19	3/31-4/23	4/28-5/14
	Fee	\$38/\$47.50	\$38/\$47.50	\$28.50/\$35.75	\$38/\$47.50	\$28.50/\$35.75
Water Explorers	9:30AM	110214.1A	110214.2A	110214.3A	210214.4A	210214.5A
Turtle	10:05 AM	110221.1A	110221.2A	110221.3A	210221.4A	210221.5A
Alligator	11:15AM	110222.1A	110222.2A	110222.3A	210222.4A	210222.5A
Seal	10:40 AM	110223.1A	110223.2A	110223.3A	210223.4A	210223.5A

Aquababy & Aquatot Fees

Fee	Ssn 1	Ssn 2	Ssn 3	Ssn 4	Ssn 5
	\$19/\$23.75	\$19/\$23.75	\$14.25/\$17.75	\$19/\$23.75	\$14.25/\$17.75

Aquababy - Tues	9:30AM	110211.1A	110211.2A	110211.3A	210211.4A	210211.5A
Aquatot - Thur	9:30AM	110212.1A	110212.2A	110212.3A	210212.4A	210212.5A

SMALL CLASSES - TUE & THURS MORNINGS

	Time	Ssn 1	Ssn 2	Ssn 3	Ssn 4	Ssn 5
	Date	1/7-1/30	2/4-2/27	3/3-3/19	3/31-4/23	4/28-5/14
	Fee	\$80/\$100	\$80/\$100	\$60/\$75	\$80/\$100	\$60/\$75
Turtle	10:40 AM	110221.S1	110221.S2	110221.S3	210221.S4	210221.S5
Alligator	10:05 AM	110222.S1	110222.S2	110222.S3	210222.S4	210222.S5
Seal	11:15 AM	110223.S1	110223.S2	110223.S3	210223.S4	210223.S5

TUESDAY AFTERNOON

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/7-2/11	2/18-3/17	3/31-5/5
	Fee	\$28.50/\$35.75	\$23.75/\$29.75	\$28.50/\$35.75
Turtle	4:15 PM	110321.1A	110321.2A	210321.3A
	5:25 PM	110321.1B	110321.2B	210321.3B
Alligator	4:15 PM	110322.1A	110322.2A	210322.3A
	4:50 PM	110322.1B	110322.2B	210322.3B
Seal	4:50 PM	110323.1A	110323.2A	210323.3A
Level 1	4:50 PM	110331.1A	110331.2A	210331.3A
Level 2	4:15 PM	110332.1A	110332.2A	210332.3A
	4:50 PM	110332.1B	110332.2B	210332.3B
Level 3	4:15 PM	110333.1A	110333.2A	210333.3A
	4:50 PM	110333.1B	110333.2B	210333.3B
Level 4	4:15 PM	110334.1A	110334.2A	210334.3A
Blast Fees				
	Fee	\$37.50/\$47	\$31.25/\$39.25	\$37.50/\$47
Beg Blast	5:25 PM	110340.1A	110340.2A	210340.3A
Blast 1	5:25 PM	110341.1A	110341.2A	210341.3A
Blast 2	5:25 PM	110342.1A	110342.2A	210342.3A

SMALL CLASSES - TUES AFTERNOON

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/7-2/11	2/18-3/17	3/31-5/5
	Fee	\$60/\$75	\$50/\$62.50	\$60/\$75
Turtle	4:50 PM	110321.S1	110321.S2	210321.S3
Alligator	5:25 PM	110322.S1	110322.S2	210322.S3
Seal	5:25 PM	110323.S1	110323.S2	210323.S3
Small Class Blast Fees				
	Fee	\$72/\$90	\$60/\$75	\$72/\$90
Beg Blast	4:00 PM	110340.S1	110340.S2	210340.S3

WEDNESDAY AFTERNOON

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/8-2/12	2/19-3/18	4/1-5/6
	Fee	\$28.50/\$35.75	\$23.75/\$29.75	\$28.50/\$35.75
Turtle	12:35 PM	110421.1A	110421.2A	210421.3A
Alligator	1:10 PM	110422.1A	110422.2A	210422.3A
Seal	12:00 PM	110423.1A	110423.2A	210423.3A

SMALL CLASSES - WED AFTERNOON

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/8-2/12	2/19-3/18	4/1-5/6
	Fee	\$60/\$75	\$50/\$62.50	\$60/\$75
Turtle	12:00 PM	110421.S1	110421.S2	210421.S3
Alligator	12:35 PM	110422.S1	110422.S2	210422.S3
Seal	1:10 PM	110423.S1	110423.S2	210423.S3

THURSDAY AFTERNOON

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/9-2/13	2/20-3/19	4/2-5/7
	Fee	\$28.50/\$35.75	\$23.75/\$29.75	\$28.50/\$35.75
Water Explorers	4:05 PM	110514.1A	110514.2A	210514.3A
Turtle	4:05 PM	110521.1A	110521.2A	210521.3A
	4:40 PM	110521.1B	110521.2B	210521.3B
	5:30 PM	110521.1C	110521.2C	210521.3C
Alligator	4:05 PM	110522.1A	110522.2A	210522.3A
	4:40 PM	110522.1B	110522.2B	210522.3B
	5:15 PM	110522.1C	110522.2C	210522.3C
Seal	4:55 PM	110523.1A	110523.2A	210523.3A
	5:30 PM	110523.1B	110523.2B	210523.3B
Level 1	5:30 PM	110531.1A	110531.2A	210531.3A
Level 2	4:20 PM	110532.1A	110532.2A	210532.3A
Level 3	4:00 PM	110533.1A	110533.2A	210533.3A
Level 4	4:55 PM	110534.1A	110534.2A	210534.3A
Blast Fees				
	Fee	\$37.50/\$47	\$31.25/\$39.25	\$37.50/\$47
Beginning Blast	4:40 PM	110540.1A	110540.2A	210540.3A
	5:15 PM	110540.1B	110540.2B	210540.3B
Blast 1	4:05 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



SMALL CLASS SWIM LESSONS

Does your child learn better in smaller group environments? Our Small Class Swim Lessons guarantee a maximum of 3 students per teacher. Use keyword "smallclass" (no spaces) to view and register for small classes online!

Indoor Lessons LONGMONT RECREATION CENTER

SUNDAY MORNING

	Time	Ssn 1	Ssn 2	Ssn 3
no class 4/12	Date	1/5-2/9	2/16-3/22	3/29-5/10
	Fee	\$28.50/\$35.75	\$28.50/\$35.75	\$28.50/\$35.75
Aquababy	9:20 AM	110711.1A	110711.2A	210711.3A
Aquatot	9:55 AM	110712.1A	110712.2A	210712.3A
Water Explorers	8:45 AM	110714.1A	110714.2A	210714.3A
	10:30 AM	110714.1B	110714.2B	210714.3B
Turtle	8:45 AM	110721.1A	110721.2A	210721.3A
	9:20 AM	110721.1B	110721.2B	210721.3B
	9:55 AM	110721.1C	110721.2C	210721.3C
	10:30 AM	110721.1D	110721.2D	210721.3D
Alligator	8:45 AM	110722.1A	110722.2A	210722.3A
	9:20 AM	110722.1B	110722.2B	210722.3B
	9:55 AM	110722.1C	110722.2C	210722.3C
	10:30 AM	110722.1D	110722.2D	210722.3D
Seal	8:45 AM	110723.1A	110723.2A	210723.3A
	9:20 AM	110723.1B	110723.2B	210723.3B
	9:55 AM	110723.1C	110723.2C	210723.3C
Level 1	10:30 AM	110731.1A	110731.2A	210731.3A
Level 2	9:20 AM	110732.1A	110732.2A	210732.3A
	9:55 AM	110732.1B	110732.2B	210732.3B
Level 3	8:30 AM	110733.1A	110733.2A	210733.3A
	9:55 AM	110733.1B	110733.2B	210733.3B
Level 4	9:20 AM	110734.1A	110734.2A	210734.3A
	9:55 AM	110734.1B	110734.2B	210734.3B
Blast Fees				
	Fee	\$37.50/\$47	\$37.50/\$47	\$37.50/\$47
Beginning Blast	8:30 AM	110740.1A	110740.2A	210740.3A
	10:30 AM	110740.1B	110740.2B	210740.3B
Blast 1	9:20 AM	110741.1A	110741.2A	210741.3A
	10:10 AM	110741.1B	110741.2B	210741.3B
Blast 2	8:30 AM	110742.1A	110742.2A	210742.3A
	10:30 AM	110742.1B	110742.2B	210742.3B
Blast 3	9:05 AM	110743.1A	110743.2A	210743.3A
Teen 1	8:30 AM	110751.1A	110751.2A	210751.3A
Adult 1	7:40 AM	110761.1A	110761.2A	210761.3A
Adult 2	7:40 AM	110762.1A	110762.2A	210762.3A

Aqua Academy

Join the Aqua Academy and learn lifeguarding skills, teaching techniques for swim lessons, CPR-AED and First Aid, and participate in stroke workshops strengthening your knowledge and skills to one day work with our team as a lifeguard and or swim instructor. Daily enrollment accepted. *No class Mar 27

10-18 yrs: **Feb 7- May 1*, Fri, 5:30-7pm** 121225.1
 Location: Longmont Recreation Center, 310 Quail Rd
 Session Fee: \$60 resident/\$75 non-resident
 Daily Fee: \$6 resident/\$6.25 non-resident

CARA SWIM TEAMS

CARA swimming is a recreational swim team for youth ages 6-18 who are not USS swimmers, with an emphasis placed on technique building, endurance building and FUN! Register for the age group your child will be on the first day of practice. Swimmers compete in their age group as of their age January 1, 2020. Choose between 45, 60, and 75-minute practices below. CARA Pre-Requisite - Ability to swim one length of the pool freestyle with rotary breathing and backstroke without stopping or using assistance.



All participants are evaluated on the first day of practice.

No practice Spring Break week, March 23-27.

Centennial CARA: The Tsunamis

Practice: Jan 7-May 7* Tues & Thurs
Parent Meeting: Jan 14, Tues @ 6pm

Location: Centennial Pool, 1201 Alpine St
 Meets: TBA

Age Group	Time	Code	Fee (res/non-res)
6-9 yrs	5:30-6:15pm	121112.1A	\$128/\$160
8-10 yrs	6:15-7pm	121112.2A	\$128/\$160
9-14 yrs	5:30-6:30pm	121113.1A	\$136/\$170
11-18 yrs	6:30-7:30pm	121114.1A	\$136/\$170

Longmont Recreation Center CARA: The Piranhas

Practice: Jan 6-May 6* Mon & Wed
Parent Meeting: Jan 13, Mon @ 5pm

Location: Longmont Recreation Center, 310 Quail Rd
 Meets: TBA

Age	Time	Code	Fee (res/non-res)
6-10 yrs	4:15-5pm	111112.1A	\$128/\$160
8-10 yrs	5:05-6:05pm	111113.1A	\$136/\$170
9-14 yrs	4:15-5:15pm	111114.1A	\$136/\$170
	6:10-6:55pm	111114.1B	\$128/\$160
11-18 yrs	5:20-6:35pm	111115.1A	\$145/\$181

Swim Stroke Clinic with Coach Geoff Hawksworth

Stroke Clinics are geared towards swimmers comfortable in the water who are interested in specific technique, speed, and endurance training. Focus is on breaking down each stroke to maximize efficiency in the water and helping each swimmer reach his or her potential. **Drop-In: \$15

8-18 yrs: **Tue 6:15-7:15pm & Thurs 5:30-6:30pm**

Dates:	Jan 14-30	126440.1
	Mar 3-19	226440.1
	Apr 28-May 14	226440.3

Fee: \$75 resident/\$93.75 non-resident

Dates:	Feb 4-27	126440.2
	Mar 31-Apr 23	226440.2

Fee: \$100 resident/ \$125 non-resident

Instructor: Geoff Hawksworth

Location: Longmont Recreation Center, 310 Quail Rd

+ AMERICAN RED CROSS CLASSES

Longmont Swim Instructor (LSI)

Become certified to teach swimming lessons for the City of Longmont! The LSI training will prepare you to teach City of Longmont's pre-school swim lessons (youth 3-5 years) and BLAST-Accelerated Swim Lesson Program (youth 5-12).
Pre-Requisite: Ability to swim all 4 competitive strokes proficiently at least 15 yards by last class day.

*Mon location at Centennial Pool, 1201 Alpine St.

15 & up:

Feb 16 & 17, Sun, 9am-5pm & Mon*, 11am-7pm 121243.1

Mar 22 & 29, Sun, 9am-5pm 221243.1

Apr 26 & May 3, Sun, 9am-5pm 221243.2

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$26.25 resident/\$32.75 non-resident

Swim Instructor Aide

Pre-Requisite: 25 yards any combination of freestyle, elementary backstroke, and/or backstroke. Love swimming and working with youth? Being a Swim Aide is the best of both worlds!

After successful completion of class, year round volunteer opportunities are available with City of Longmont swim lessons!

11-14 yrs: **Apr 19, Sun, 9am-1pm** 221242.1

May 17, Sun, 9am-1pm 221242.2

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$22 resident/\$27.50 non-resident

CPR-AED & First Aid

American Red Cross course covering CPR/AED and First Aid for Adults, Children, and Infants.

12 & up: **Feb 16, Sun, 8am-3pm** 111223.1A

Apr 18, Sat, 12-7pm 211233.1A

Location: Centennial Pool, 1201 Alpine St

Fee: \$95 resident/\$118 non-resident

Babysitter's Training

This course provides youth with the information and skills necessary to provide safe and responsible care for children while babysitting.

11-16 yrs: **Jan 20, Mon, 8am-3pm** 121231.1

Feb 15, Sat, 12-7pm 121231.2

Apr 25, Sat, 8am-3pm 221231.2

Location: Centennial Pool, 1201 Alpine St

11-16 yrs: **Mar 20, Fri, 8am-3pm** 221231.1 221231.1

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

Fee: \$70 resident/\$87.50 non-resident

Babysitter's Boot Camp

Three classes in one--American Red Cross Babysitter's Training, First Aid, and CPR for infants & children Great for both experienced and novice sitters.

12 & up: **Mar 27 & 28, Fri & Sat, 12-5pm** 221232.1

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

Fee: \$95 resident/\$118 non-resident

Struggling to meet the expectations to participate in the Lifeguard class or the Water Safety Instructor class, but have a passion to work in aquatics?

Attend the Aqua Academy on Friday nights and build your skills. See page 15 for details

Lifeguard- American Red Cross

Pre-Requisite: Must be 15 years old before the last day of class and be able to swim: 300 yards continuous swim of 100yds Front Crawl, 100yds Breaststroke and 100yds of Front Crawl or Breaststroke. The Pre-Requisite swim will be performed on at the beginning of class on the first day.

15 & up: **Dec 28-31, S/M/T/W, 8am- 4pm** 121211.1A

Mar 25-28, W/Th/F/S 8am- 4pm 221211.1A

Location: Centennial Pool, 1201 Alpine St

15 & up: **Apr 24-26, Fri 4:30-9pm**

Sat & Sun 8am-8pm 221211.2A

Location: Longmont Recreation Center 310 Quail

Fee: \$190 resident/\$237.50 non-resident

\$45 Pending Employees

Waterfront Lifeguard Training - Bridge

Pre-Requisite: 550 yard continuous swim of 200 Front Crawl, 200 Breaststroke, 150 Front Crawl/Breaststroke. Must have current American Red Cross Lifeguarding certification.

15 & up: **Mar 29, Sun, 7am-12pm** 211211.1A

Apr 27, Mon, 7am-12pm 211211.2A

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$60 resident/\$75 non-resident

Lifeguard Recertification

Pre-Requisite: current American Red Cross Lifeguard Certification. Involves both a review and skills practice along with testing.

17 & up: **Jan 25, Sat, 7am-5pm** 121214.1

Mar 14, Sat, 7am-5pm 221214.2

Location: Centennial Pool, 1201 Alpine St

Fee: \$95 resident/\$120 non-resident

Water Safety Instructor

Pre-Requisite: Able to swim Front and Back Crawl, Breaststroke, Butterfly Elementary Backstroke, and Sidestroke. Learn how to teach others to swim. Bring swim suit(s), towel(s), and food for the day. To receive the pending employee rate, enroll directly with Centennial Pool, 1201 Alpine St, 303-651-8406.

16 & up: **Fri/Sat/Mon 9am-6pm & Sun 12-6pm**

Session: **Dec 27-30** 121241

Mar 20-23 221241

Location: Centennial Pool, 1201 Alpine St

Fee: \$35 paid to ARC online + \$144 resident/
\$180 non-resident/ \$50 pending employee

Do you love working with the public?

Aquatics is hiring temporary positions for year-round and summer employment.

Interviews are going on as we speak for lifeguards, swim instructors, and front desk staff. Apply on line.

<https://mss.longmontcolorado.gov>

