

Swim Lesson Selection Guide

For swim lesson related questions,
contact swim@longmontcolorado.gov

WHICH LESSON IS RIGHT FOR MY CHILD?

6 months to 3.5 years

AquaBaby | Aqua Tot 1-2



3-5 years

Preschool Program | Beginning Blast



6-12 years

Levels 1-4 | Blast Beginning -3 | CARA

6 MONTHS TO 3.5 YEARS:

Does the child walk independently?

NOT YET »

Sign up for **AquaBaby**

Can the child comfortably walk and play in water up to their chest?

NOT YET »

Sign up for **Aqua Tot 1**

YES »

Sign up for **Aqua Tot 2**

3-5 YEARS:

Does the child enjoy putting their face in the water?

NOT YET »

Sign up for **Turtles**

Can the child do their front floats, then roll to their backs to breathe without assistance?

NOT YET »

Sign up for **Alligators**

Can the child make forward progress with their face in for 5 yards, while rolling to their back to breathe?

NOT YET »

Sign up for **Seal**

YES »

Sign up for **Beginning Blast**

6-12 YEARS:

Does the child enjoy putting their face in the water?

NOT YET »

Sign up for **Level 1**

Can the child make forward progress with their face in the water for 5 yards, and roll to their back to breathe?

NOT YET »

Sign up for **Level 2**

Can the child swim 25 yards (1 length of the pool) while rolling over to breathe?

NOT YET »

Sign up for **Level 3** or **Beginning Blast**

Can the child swim 25 yds front crawl/free-style consistently breathing to the side?

NOT YET »

Sign up for **Blast 1**

Can the child swim 50 yards front crawl/free-style?

NOT YET »

Sign up for **Level 4** or **Blast 1** or **CARA Swim Team- Starters**

Can the child swim 50 yds front crawl/free-style, 50 yards backstroke, and 25 yards Breaststroke kick?

NOT YET »

Sign up for **Blast 2** or **CARA Swim Team- Starters**

Can the child swim 100 yds front crawl/free-style, 100 yards back stroke, 50 yards breaststroke & 25 yards butterfly

NOT YET »

Sign up for **Blast 3** or **CARA Swim Team**

YES »

Sign up for the **CARA Swim Team!**

11-17 YEARS:

Can the teen swim 25 yards while rolling over to breathe?

NOT YET »

Sign up for **Teen 1**

YES »

Teen 2

18+ YEARS

Can the adult swim 15 yards front and back stroke?

NOT YET »

Adult 1

Can the adult swim 25 yards front and back stroke comfortably?

NOT YET »

Adult 2

Looking to fine tune strokes for endurance?

YES »

Adult 3 or **Beginning Masters**

Which Pool Should I Choose for Swim Lessons?

Regardless of the pool chosen for swim lessons, the same curriculum, quality teaching standards, and friendly Swim Instructors will be present.

Some people choose based on how close the pool is to their home, others base their decisions on indoor pool versus outdoor pool, and some people select lesson options that best fit their busy schedules.

Kanemoto Activity Pool

Outdoor seasonal pool offering classes for Aqua Babies, Aqua Tot 1 and Aqua Tot 2. Pool temperature is set at a warm 86* to be comfortable in the mornings for the little ones. No open swim during swim lessons, please plan on exiting the water after the lesson.

Sunset Pool

Outdoor, heated, seasonal pool, which offers all class options, sandy beach for siblings to play in, and the best view in Longmont. No open swimming during swim lessons, all swim lesson participants must leave facility 15 minutes after swim lesson is over.

Centennial Pool

Indoor, year-round pool which offers lessons for Turtles through Adults. No open swim during or after swim lessons. Parents can watch from upstairs observation room, or sit on the pool deck.

Longmont Recreation Center

Indoor, year-round pools (lap pool and leisure pool) which offer all class options. Open swim is an option during swim lessons EXCEPT for Sunday morning lessons.

Staying for Open Swim at Kanemoto Activity Pool or Longmont Recreation Center?

- Open swim fees are not included in the cost of the swim lesson.
- Please plan on paying or swiping pass card at the front desk before your lesson.
- Children 5 & under MUST have an adult in the water actively involved with them.

No swim lessons the 4th of July.



WEATHER POLICY FOR OUTDOOR POOLS:

Kanemoto: Lessons will be moved to the Longmont Recreation Center if heavy rain or lightning is predicted that morning.

Sunset Pool: Lessons will proceed in the water, unless heavy rain or lightning conditions exist, and swimmers will be moved into the Party Room for Safety Day Demonstrations.

If lessons in cool or rainy weather are not appealing, consider Centennial Pool or the Longmont Recreation Center. *There are NO REFUNDS for cancellations due to inclement weather.*

INDIVIDUAL SWIM INSTRUCTION

Individual Private Lessons

Individually scheduled lesson requests are limited by instructor availability and pool space. To request this option, please visit LongmontColorado.gov/swim to see if we are able to take these requests, and when applicable fill out the online request form. Discount offered when multiple lessons are purchased at one time.

Individually Scheduled Private Session Fees

Each 30 Minutes Lesson:	\$43 res/\$53.75 non-res
Each 45 Minute Lesson:	\$54 res/\$67.50 non-res
Semi-Private Session Fees:	a shared lesson for up to 3 students
Each 30 Minutes Lesson:	\$54 res/\$67.50 non-res
Each 45 Minute Lesson:	\$65 res/\$81.50 non-res

Private Lesson Sessions

New: Pre-Scheduled Private Swim Lessons sessions are now available! Enjoy four 30-minute private swim lessons at the same time, day(s) of week, and location.

Sunset Pool: 1900 Longs Peak Ave

Jun 3-13 Jun 17-27 Jul 1-11* Jul 15-25 Jul 28-Aug 8	
Mon/Wed: 11:30am or 12:05pm	330499
Tue/Thurs: 11:30am or 12:05pm	330299
Fee:	\$160 resident/\$200 non-resident
*Jul 1-11 Fee:	\$120 res/\$150 non-res

Centennial Pool: 1201 Alpine St

Sundays: Jun 9-20 July 14-Aug 4	
2:45pm 3:20pm 3:55pm 4:30pm	320799
Fee:	\$160 resident/\$200 non-resident

SWIM LESSONS

INDOOR POOLS

» SWIM LESSONS AT CENTENNIAL POOL

1201 Alpine St | 303-774-4700



MON & WED MORNINGS

30 Minute Classes	Time	Ssn 1	Ssn 2	Ssn 3
	Date	6/3-6/19	6/24-7/10	7/15-8/7
	Fee	\$37.50/\$47	\$37.50/\$47	\$50/\$62.50
Turtle	9:00 AM	320421.1A	320421.2A	320421.3A
Alligator	9:35 AM	320422.1A	320422.2A	320422.3A
	10:45 AM	320422.1B	320422.2B	320422.3B
Seal	10:10 AM	320423.1A	320423.2A	320423.3A
Level 1	9:00 AM	320431.1A	320431.2A	320431.3A
Level 2	9:35 AM	320432.1A	320432.2A	320432.3A
Beginning Blast	10:40 AM	320440.1A	320440.2A	320440.3A
Teen 1	10:10 AM	320451.1A	320451.2A	320451.3A
45 Minute Classes	Fee	\$46.50/58.25	\$46.50/58.25	\$62/\$77.50
Blast 1	9:50 AM	320441.1A	320441.2A	320441.3A
Blast 2	9:00 AM	320442.1A	320442.2A	320442.3A
Blast 3	10:45 AM	320443.1A	320443.2A	320443.3A

SATURDAY MORNINGS

30 Minute Classes	Time	Summer Long
	Date	6/8-8/3*
	Fee	\$50/\$62.50
Turtle	9:30 AM	320621.1A
	11:15 AM	320621.1B
Alligator	9:30 AM	320622.1A
	10:05 AM	320622.1B
Seal	10:40 AM	320623.1A
Level 1	9:30 AM	320631.1A
	11:15 AM	320631.1B
Level 2	10:05 AM	320632.1A
Level 3	10:40 AM	320633.1A
Beginning Blast	10:05 AM	320640.1A
	10:40 AM	320640.1B
45 Minute Classes	Fee	\$62/\$77.50
Blast 1	11:15 AM	320641.1A

* No Lessons July 6

SUNDAY AFTERNOON

30 Minute Classes	Time	Summer Long
	Date	6/9-8/4*
	Fee	\$50/\$62.50
Turtle	2:45 PM	320721.1A
	3:20 PM	320721.1B
	3:55 PM	320721.1C
Alligator	3:20 PM	320722.1A
	3:55 PM	320722.1B
Seal	4:30 PM	320723.1A
Beg Blast	4:30 PM	320740.1A
45 Minute Classes	Fee	\$46.50/58.25
Blast 1	2:30 PM	320741.1A
Teen 2	4:10 PM	320752.1A
Adult 2	2:30 PM	320762.1A
Adult 3	3:20 PM	320763.1A

*No lessons July 7

SATURDAY AFTERNOON

30 Minute Classes	Time	Summer Long
	Date	6/8-8/4*
	Fee	\$50/\$62.50
Turtle	2:20 PM	320621.A1
	2:55 PM	320621.B1
Alligator	1:30 PM	320622.A1
	3:30 PM	320622.B1
Seal	3:30 PM	320623.A1
Level 1	2:40 PM	320631.A1
Level 3	1:30 PM	320633.A1
Beginning Blast	2:55 PM	320640.A1
Teen 1	3:15 PM	320651.A1
Adult 1	2:05 PM	320661.A1
45 Minute Classes	Fee	\$46.50/58.25
Blast 2	1:30 PM	320642.A1
Blast 3	2:05 PM	320643.A1

» SWIM LESSONS AT LONGMONT RECREATION CENTER

310 Quail Rd | 303-774-4700

TUESDAY & THURSDAY MORNINGS

30 Minute Classes	Time Date Fee	Ssn 1 6/4-6/20 \$37.50/\$47	Ssn 2* 6/25-7/18 \$43.75/\$54.75	Ssn 3 7/23-8/8 \$37.50/\$47
Aqua Baby	8:45 AM	310211.1A	310211.2A	310211.3A
Aqua Tot 1	9:55 AM	310212.1A	310212.2A	310212.3A
Aqua Tot 2	10:30 AM	310213.1A	310213.2A	310213.3A
Turtle	8:45 AM	310221.1A	310221.2A	310221.3A
	9:20 AM	310221.1B	310221.2B	310221.3B
	10:30 AM	310221.1C	310221.2C	310221.3C
Alligator	8:45 AM	310222.1A	310222.2A	310222.3A
	9:55 AM	310222.1B	310222.2B	310222.3B
	10:30 AM	310222.1C	310222.2C	310222.3C
Seal	9:20 AM	310223.1A	310223.2A	310223.3A
	9:55 AM	310223.1B	310223.2B	310223.3B
Level 1	9:20 AM	310231.1A	310231.2A	310231.3A
Level 2	9:20 AM	310232.1A	310232.2A	310232.3A
	9:55 AM	310232.1B	310232.2B	310232.3B
Level 3	10:30 AM	310233.1A	310233.2A	310233.3A
Level 4	8:45 AM	310234.1A	310234.2A	310234.3A
Beginning Blast	8:45 AM	310240.1A	310240.2A	310240.3A
45 minute classes	Fee	\$46.50/58.25	\$54.25/\$68	\$46.50/58.25
Blast 1	10:10 AM	310241.1A	310241.2A	310241.3A
Blast 2	9:20 AM	310242.1A	310242.2A	310242.3A

*No lessons July 7

THURSDAY AFTERNOON

30 Minute Classes	Time Date Fee	Ssn 1 5/30-6/27 \$31.25/\$39.25	Ssn 2 7/11-8/8 \$31.25/\$39.25
Turtle	4:00 PM	310521.1A	310521.2A
	4:35 PM	310521.1B	310521.2B
Alligator	4:00 PM	310522.1A	310522.2A
	5:45 PM	310522.1B	310522.2B
Seal	4:35 PM	310523.1A	310523.2A
	5:10 PM	310523.1B	310523.2B
Level 1	5:45 PM	310531.1A	310531.2A
Level 2	5:10 PM	310532.1A	310532.2A
Level 3	4:35 PM	310533.1A	310533.2A
Beginning Blast	4:00 PM	310540.1A	310540.2A
	6:00 PM	310540.1B	310540.2B
Teen 1	4:00 PM	310551.1A	310551.2A
45 minute classes	Fee	\$38.75/\$48.50	\$38.75/\$48.50
Blast 1	5:10 PM	310541.1A	310541.2A
Blast 2	4:35 PM	310542.1A	310542.2A
Blast 3	5:25 PM	310543.1A	310543.2A

TUESDAY AFTERNOON

30 Minute Classes	Time Date Fee	Ssn 1 5/28-7/2 \$37.50/\$47	Ssn 2 7/9-8/6 \$31.25/\$39.25
Turtle	4:00 PM	310321.1A	310321.2A
	4:35 PM	310321.1B	310321.2B
	5:50 PM	310321.1C	310321.2C
Alligator	4:00 PM	310322.1A	310322.2A
	5:15 PM	310322.1B	310322.2B
	5:45 PM	310322.1C	310322.2C
Seal	5:10 PM	310323.1A	310323.2A
Level 1	5:10 PM	310331.1A	310331.2A
Level 2	4:35 PM	310332.1A	310332.2A
	5:45 PM	310332.1B	310332.2B
Level 3	4:00 PM	310333.1A	310333.2A
Beg Blast	4:00 PM	310340.1A	310340.2A
45 minute classes	Fee	\$46.50/58.25	\$38.75/\$48.50
Blast 1	4:35 PM	310341.1A	310341.2A
Blast 2	4:35 PM	310342.1A	310342.2A
Teen 2	5:25 PM	310352.1A	310352.2A

SUNDAY MORNING

30 Minute Classes	Time Date Fee	Ssn 1 6/2-7/7 \$37.50/\$47	Ssn 2 7/14-8/11 \$31.25/\$39.25
Aqua Baby	8:30 AM	310711.1A	310711.2A
Aqua Tot 1	10:00 AM	310712.1A	310712.2A
Aqua Tot 2	9:05 AM	310713.1A	310713.2A
	8:10 AM	310721.1A	310721.2A
Turtle	8:45 AM	310721.1B	310721.2B
	9:20 AM	310721.1C	310721.2C
	9:35 AM	310721.1D	310721.2D
	9:55 AM	310721.1E	310721.2E
	8:45 AM	310722.1A	310722.2A
Alligator	9:00 AM	310722.1B	310722.2B
	9:20 AM	310722.1C	310722.2C
	10:30 AM	310722.1D	310722.2D
Seal	9:55 AM	310723.1A	310723.2A
	10:10 AM	310723.1B	310723.2B
Level 1	8:15 AM	310731.1A	310731.2A
Level 2	8:50 AM	310732.1A	310732.2A
Level 3	9:40 AM	310733.1A	310733.2A
Level 4	10:30 AM	310734.1A	310734.2A
Beginning Blast	8:25 AM	310740.1A	310740.2A
	10:30 AM	310740.1B	310740.2B
Teen 1	9:05 AM	310751.1A	310751.2A
Adult 1	9:25 AM	310761.1A	310761.2A
45 minute classes	Fee	\$46.50/58.25	\$38.75/\$48.50
Blast 1	8:50 AM	310741.1A	310741.2A
	9:40 AM	310741.1B	310741.2B
Blast 2	8:00 AM	310742.1A	310742.2A
Blast 3	9:40 AM	310743.1A	310743.2A
Adult 2	8:15 AM	310762.1A	310762.2A
Adult 3	7:25 AM	310763.1A	310763.2B

OUTDOOR POOLS

» SUNSET POOL- OUTDOOR POOL 1900 Longs Peak Ave | 303-774-4700

SUNSET POOL | MONDAY - THURSDAY MORNINGS

30 Minute Classes	Time	Ssn 1	Ssn 2	Ssn 3*	Ssn 4	Ssn 5
	Date	6/3-6/13	6/17-6/27	7/1-7/11*	7/15-7/25	7/29-8/8
	Fee 2x Wk	\$25/\$31.25	\$25/\$31.25	\$25/\$31.25	\$25/\$31.25	\$25/\$31.25
Aqua Baby MW	10:25am	330811.1A	330811.2A	330811.3A	330811.4A	330811.5A
Aqua Baby TTh	10:25am	330811.1B	330811.2B	330811.3B**	330811.4B	330811.5B
	Fee 4x Wk	\$50/\$62.50	\$50/\$62.50	\$43.75/\$54.75	\$50/\$62.50	\$50/\$62.50
Aqua Tot 1	9:15am	330812.1A	330812.2A	330812.3A	330812.4A	330812.5A
Aqua Tot 2	9:50am	330813.1A	330813.2A	330813.3A	330813.4A	330813.5A
Turtle	9:15am	330821.1A	330821.2A	330821.3A	330821.4A	330821.5A
	9:50am	330821.1B	330821.2B	330821.3B	330821.4B	330821.5B
	10:25am	330821.1B	330821.2B	330821.3B	330821.4B	330821.5B
	11:00am	330821.1C	330821.2C	330821.3C	330821.4C	330821.5C
Alligator	9:15am	330822.1A	330822.2A	330822.3A	330822.4A	330822.5A
	10:25am	330822.1B	330822.2B	330822.3B	330822.4B	330822.5B
	11:00am	330822.1C	330822.2C	330822.3C	330822.4C	330822.5C
	11:15am	330822.1D	330822.2D	330822.3D	330822.4D	330822.5D
Seal	9:15am	330823.1A	330823.2A	330823.3A	330823.4A	330823.5A
	9:50am	330823.1B	330823.2B	330823.3B	330823.4B	330823.5B
Level 1	9:00am	330831.1A	330831.2A	330831.3A	330831.4A	330831.5A
	11:00am	330831.1B	330831.2B	330831.3B	330831.4B	330831.5B
	11:15am	330831.1C	330831.2C	330831.3C	330831.4C	330831.5C
Level 2	10:25am	330832.1A	330832.2A	330832.3A	330832.4A	330832.5A
	10:45am	330832.1B	330832.2B	330832.3B	330832.4B	330832.5B
	11:50am	330832.1C	330832.2C	330832.3C	330832.4C	330832.5C
Level 3	9:35am	330833.1A	330833.2A	330833.3A	330833.4A	330833.5A
Level 4	9:00am	330834.1A	330834.2A	330834.3A	330834.4A	330834.5A
Beginning Blast	9:00am	330840.1A	330840.2A	330840.3A	330840.4A	330840.5A
	9:50am	330840.1B	330840.2B	330840.3B	330840.4B	330840.5B
	11:15am	330840.1C	330840.2C	330840.3C	330840.4C	330840.5C
Teen 1	10:10am	330851.1A	330851.2A	330851.3A	330851.4A	330851.5A
45 minute classes	Fee	\$62/\$77.50	\$62/\$77.50	\$54.25/\$68	\$62/\$77.50	\$62/\$77.50
Blast 1	10:25am	330841.1A	330841.2A	330841.3A	330841.4A	330841.5A
Blast 2	9:35am	330842.1A	330842.2A	330842.3A	330842.4A	330842.5A
Blast 3	10:25am	330843.1A	330843.2A	330843.3A	330843.4A	330843.5A
Teen 2	9:35am	330852.1A	330852.2A	330852.3A	330852.4A	330852.5A

*No Class July 4 **AquaBaby cost: \$18.75/\$23.50

SUNSET POOL | MONDAY & WEDNESDAY EVENINGS

30 Minute Classes	Date	Ssn 1	Ssn 2	Ssn 3	30 Minute Classes	Time	Ssn 4
		6/3-6/19	6/24-7/10	7/15-8/7			8/12-8/28
	Fee	\$37.50/\$47	\$37.50/\$47	\$50/\$62.50		Fee	\$37.50/\$47
Aqua Baby	5:50pm	330211.1A	330211.2A	330211.3A	Aqua Baby	5:50pm	330211.4A
Aqua Tot 1	5:15pm	330212.1A	330212.2A	330212.3A	Aqua Tot 1	5:15pm	330212.4A
Aqua Tot 2	6:05pm	330213.1A	330213.2A	330213.3A		5:10pm	330221.4A
Turtle	5:20pm	330221.1A	330221.2A	330221.3A	Turtle	5:15pm	330221.4B
	5:50pm	330221.1B	330221.2B	330221.3B		6:20pm	330221.4C
	6:30pm	330221.1C	330221.2C	330221.3C		6:25pm	330221.4D
Alligator	5:15pm	330222.1A	330222.2A	330222.3A	Alligator	5:15pm	330222.4A
	5:55pm	330222.1B	330222.2B	330222.3B		5:45pm	330222.4B
	6:25pm	330222.1C	330222.2C	330222.3C		5:50pm	330222.4C
	7:00pm	330222.1D	330222.2D	330222.3D		7:00pm	330222.4D
Seal	5:15pm	330223.1A	330223.2A	330223.3A	Seal	5:50pm	330223.4A
	6:25pm	330223.1B	330223.2B	330223.3B		7:00pm	330223.4B
	7:05pm	330223.1C	330223.2C	330223.3C			
Level 1	6:40pm	330231.1A	330231.2A	330231.3A	Level 1	6:25pm	330231.4A
	7:00pm	330231.1B	330231.2B	330231.3B	Level 2	7:00pm	330232.4A
Level 2	5:15pm	330232.1A	330232.2A	330232.3A	Beginning Blast	6:25pm	330240.4A
	6:25pm	330232.1B	330232.2B	330232.3B		6:55pm	330240.4B
	7:15pm	330232.1C	330232.2C	330232.3C	45 minute classes	Fee	\$46.50/58.25
Level 3	7:15pm	330233.1A	330233.2A	330233.3A	Blast 1	5:05pm	330241.4A
Level 4	5:15pm	330234.1A	330234.2A	330234.3A	Blast 2	5:55pm	330242.4A
Beginning Blast	5:50pm	330240.1A	330240.2A	330240.3A	Blast 3	6:45pm	330243.4A
	7:00pm	330240.1B	330240.2B	330240.3B			
Teen 1	5:50pm	330251.1A	330251.2A	330251.3A			
45 minute classes	Fee	\$46.50/58.25	\$46.50/58.25	\$62/\$77.50			
Blast 1	5:15pm	330241.1A	330241.2A	330241.3A			
Blast 2	6:05pm	330242.1A	330242.2A	330242.3A			
Blast 3	6:55pm	330243.1A	330243.2A	330243.3A			
Teen 2	6:25pm	330252.1A	330252.2A	330252.3A			

» KANEMOTO ACTIVITY POOL 1151 S. Pratt Pkwy | 303-774-3784

KANEMOTO ACTIVITY POOL | FRIDAY MORNINGS

30 Minute Classes	Time	Date	Session 1	Session 2
			6/7-7/5	7/12-8/9
	Fee		\$31.25/\$39.25	\$31.25/\$39.25
Aqua Baby	8:20 AM		350911.1A	350911.2A
Aqua Tot 1	8:55 AM		350912.1A	350912.2A
Aqua Tot 2	9:30 AM		350913.1A	350913.2A



CERTIFICATION CLASSES

We are committed to training highly qualified individuals. Classes are available to the public. To enroll at the current or future city of Longmont employee rate, reach out to Swim@longmontcolorado.gov for an interview: you will be enrolled in a class during the interview process.

American Red Cross Lifeguard Training

Pre-Requisite: Must be 15 years old before the last class; 150-yard continuous swim followed by 2 minutes of treading with no arms then swim another 50 yards, retrieve 10-pound brick from bottom of pool and swim 20 yards. Learn the basics of lifeguard skills and practices. First Aid and CPR/AED for the Professional Rescuer are included. **An online portion of the class will need to be completed before attending.*

15 & up:	Apr 26-28, Thurs-Sun, 8am-4pm	221211
	May 25-28, M/Tu/Sa/Sun, 8am-4pm	221211
	Jun 17-20*, Mon-Thurs, 8am-5pm	331212
	Jul 5-7*, Fri-Sun, 8am-6pm	331212
Location:	Centennial Pool, 1201 Alpine St	
Fee:	\$50-Future City of Longmont employees \$250 resident/\$312.50 non-resident	

Lifeguard Instructor

Upon successful completion of this class, you will be able to teach ARC Lifeguard classes. Pre-requisites: Must be 17 before the last day of class, hold a current ARC Lifeguard certification, and be able to correctly demonstrate all lifeguard skills.

17 & up:	Jun 12-14, Wed/Th/Fri, 8am-5pm	321218
Location:	Centennial Pool, 1201 Alpine St	
Fee:	\$450 resident/\$562.50 non-resident	

Water Safety Instructor (WSI) Certification

Pre-Requisite: Ability to swim 6 strokes – front and back crawl, breaststroke, butterfly, elementary backstroke, and sidestroke. Learn the technique and skills necessary to become American Red Cross certified to teach swim lessons. Must complete ~6 hours of online coursework before first day of class.

16 & up:	May 28-31, Tue-Fri, 8am-5pm	221241
Location:	Sunset Pool, 1900 Longs Peak Ave	
Fee:	FREE – future/current Longmont employees \$250 resident/\$312.50 non-resident	

Longmont Swim Instructor (LSI) Training

Learn the skills and techniques to teach swimming lessons with the City of Longmont. Must be able to demonstrate knowledge of basic swimming skills, including floats, front crawl, back stroke, and general water safety.

15 & up:	Apr 23-May 2, Tue/Thurs, 4-7:30pm	211243
Location:	Longmont Recreation Center, 310 Quail Rd	
15 & up:	Aug 19-28, Mon/Wed, 4-7:30pm	321243
Location:	Sunset Pool, 1900 Longs Peak Ave	
Fee:	FREE – Future City of Longmont employees only	



Swim Instructor Aide

Pre-Requisite: 25 yards of freestyle, elementary backstroke, and/or backstroke.

Love to swim and work with youth?

Become a Swim Aide! After successful class completion, year-round volunteer opportunities are available with the City of Longmont!

11-14 yrs:	Jun 10 & 12, M&W, 9:30-11:30am	331242
Location:	Sunset Pool, 1900 Longs Peak Ave	
Fee:	\$20 resident/\$25 non-resident	

Babysitter Training

This American Red Cross course provides youth with the information and skills necessary to provide safe and responsible care for children while babysitting. Participants will develop skills in 5 critical areas: leadership, safety and safe play, basic care, first aid, and professionalism.

11-16 yrs:	Fri, 9am-3pm	"babysitter"
	Jun 14 Jul 19	321231
11-16 yrs:	Tues, 8:30am-3:30pm	
	Jun 25 Jul 9 Aug 6	321231
Location:	Sunset Pool, 1900 Longs Peak Ave	
Fee:	\$95 resident/\$118.75 non-resident	



CARA Swim Team

CARA Swimming is a recreation swim team for youth ages 6-18 who are not USA swimmers, with an emphasis placed on technique building, endurance, and FUN! Register for age group, child will be evaluated on the first day of practice. Options exist to participate in monthly swim meets along the Front Range. All information is emailed to participants: please update your email when registering.

The Centennial Pool Tsunamis "CARA"

Days: **Tuesday & Thursday**
Location: Centennial Pool, 1201 Alpine St

Tsunamis Starters 321112
Pre-Requisite: Ability to swim 25 yards of free/backstroke with rhythmic breathing unassisted.

6-11 yrs: **Jun 4-Aug 8, 5-5:40pm** \$99.75/\$124.75nr
10-14 yrs: **Jun 4-Aug 8, 5:45-6:25pm** \$99.75/\$124.75nr

Tsunamis Blue Crew 321113
CARA Pre-Requisite - Ability to swim 25 yards of backstroke, breaststroke, butterfly, and swim 200yards of freestyle with rotary breathing.

12-18 yrs: **Jun 4-Aug 8, 6:30-7:30pm** \$118.75/\$148.50nr

The Sunset Swordfish

Days: **Monday-Thursday**
Location: Sunset Pool, 1900 Longs Peak Ave

Swordfish Starters 331113
Pre-Requisite: Ability to swim 25 yards of free/backstroke with rhythmic breathing unassisted.

6-11 yrs: **Jun 3-Aug 8, 8:05-8:45am** \$204.75/\$255.75nr
10-14 yrs: **Jun 3-Aug 8, 8:50-9:30am** \$204.75/\$255.75nr

Swordfish Red Crew 331114
CARA Pre-Requisite - Ability to swim 25 yards of backstroke, breaststroke, butterfly, and swim 200yards of freestyle with rotary breathing.

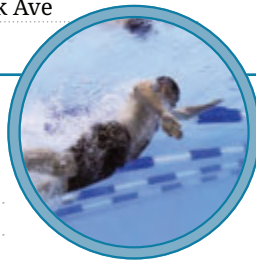
10-14 yrs: **Jun 3-Aug 8, 7-8am** \$243.75/\$304.75nr

Longmont Masters Swim Schedule

Recommended for adults comfortable swimming 1,000 yards non-stop.

18 & up: **Mon/Wed/Fri, 6-7am & Sat, 7-8am**
Thru May 31: Centennial Pool, 1201 Alpine St
Jun 1-Aug 31: Sunset Pool, 1900 Longs Peak Ave

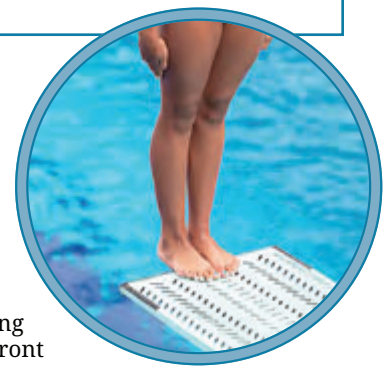
18 & up: **Tue/Thurs, 12-1pm**
Thru May 23: Longmont Recreation Center, 310 Quail Rd
May 28-Aug 29: Sunset Pool, 1900 Longs Peak Ave
Fee: Daily admission



Beginning Masters Swim Team

Learn and refine effective swimming techniques in this adults-only team. The team has a focus on improving fitness through engaging and fun workouts. Adults of all skill levels welcome, however it is recommended to be able to swim 25yds without assistance. *"masters"*

18 & up: **Jun 4-Aug 8, Tue & Thurs, 5-6pm** 321813
Location: Centennial Pool, 1201 Alpine St
Daily Fee: \$10 resident/\$12.50 non-resident



Springboard Diving Lessons

Instructor: Kelly Dirks **No class July 4*
Location: Centennial Pool, 1201 Alpine St

Beginner: Must be able to swim independently in the diving well. Learn fundamentals of diving including body alignment, approach, basic jumps, front dives, and introduction to back dives.

7 & up: **Thurs, 4:30-5:10pm** *"dive"*
Jun 6-Jul 25* \$70 res/\$87.50 non-res 321324

Intermediate: Solidify front dives with an approach, back dives with a jump, and work on flexibility, strength, and additional diving skills. Pre-requisite: successful completion of Beginner Diving or be able to do basic front and back fall dives from diving board.

7 & up: **Thurs, 5:15-6:05pm** *"dive"*
Jun 6-Jul 25* \$73 res/\$91.25 non-res 321334

Advanced: Work on more difficult front and back dives including somersaults. Each diver works at their individual skill level advancing at their own pace. Pre-requisites: front dives with approach, back dives from jump, and introduction to inward, reverse, and twisting dives.

7 & up: **Thurs, 6:10-7:20pm** *"dive"*
Jun 6-Jul 25* \$100 res/\$125 non-res 321344
Location: Centennial Pool, 1201 Alpine St

7 & up: **Mon, 4:50-6pm** *"dive"*
Jun 18-Jul 30, \$100 res/\$125 non-res 331344
Location: Sunset Pool, 1900 Longs Peak Ave