

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: \$27 resident/\$33 non-resident
45 min: \$37 resident/\$46 non-resident

Semi-Private Fee:

30 min: \$37 resident/\$46 non-resident
(max. 3 students)

Teen & Adult Classes

Descriptions and class offerings on Swim Lesson Charts

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.

Why Take Swim Lessons?

"I wanted to tell you that Eric John and Cassie were extremely comfortable swimming in the ocean and in various pools during our summer trip to the Philippines. I was pretty proud to see them swimming around with snorkels and diving without life vests in bottomless water. We saw some very cool sea life."

"I took adult lessons to learn to swim for exercise and now am working out in the pool 3-4 times a week."

"I own a pool and wanted to make sure my kids knew the importance of water safety"

"Madison and Mason are in summer camp and they go to the pool twice a week. I wanted the piece of mind to know they knew how to swim and knew how to be safe even when I'm not around"

Indoor Lessons

CENTENNIAL POOL



Monday & Wednesday Morning

	Time	Ssn 1	Ssn 2	Ssn 3	Ssn 4	Ssn 5
	Date	*1/3-1/24	1/29-2/21	2/26-3/21	4/2-4/25	4/30-5/16
	Fee	\$31.50/\$39.50	\$36/\$45	\$36/\$45	\$36/\$45	\$27/\$33.75
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	Ssn 2	Ssn 3	Ssn 4	Ssn 5
	Date	*1/3-1/24	1/29-2/21	2/26-3/21	4/2-4/25	4/30-5/16
	Fee	\$31.50/\$39.50	\$36/\$45	\$36/\$45	\$36/\$45	\$27/\$33.75
Turtle	5:00 PM	120121.1A	120121.2A	120121.3A	220121.4A	220121.5A
	6:10 PM	120121.1B	120121.2B	120121.3B	220121.4B	220121.5B
Alligator	4:50 PM	120122.1A	120122.2A	120122.3A	220122.4A	220122.5A
	5:35 PM	120122.1B	120122.2B	120122.3B	220122.4B	220122.5B
Seal	5:25 PM	120123.1A	120123.2A	120123.3A	220123.4A	220123.5A
Level 1	4:40 PM	120131.1A	120131.2A	120131.3A	220131.4A	220131.5A
Level 2	5:00 PM	120132.1A	120132.2A	120132.3A	220132.4A	220132.5A
Level 3	5:35 PM	120133.1A	120133.2A	120133.3A	220133.4A	220133.5A
Level 4	6:10 PM	120134.1A	120134.2A	120134.3A	220134.4A	220134.5A
	Fee	\$36.75/\$46	\$42/\$52.50	\$42/\$52.50	\$42/\$52.50	\$31.5/\$39.50
Beginning Blast	5:15 PM	120140.1A	120140.2A	120140.3A	220140.4A	220140.5A
	6:00 PM	120140.1B	120140.2B	120140.3B	220140.4B	220140.5B
Blast 1	4:20 PM	120141.1A	120141.2A	120141.3A	220141.4A	220141.5A
	6:05 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

Saturday Morning

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/6-2/10	2/17-3/31	4/7-5/19
	Fee	\$27/\$33.75	\$31.50/\$39.50	\$31.50/\$39.50
Aqua Baby/Tot	9:25 AM	120613.1A	120613.2A	220613.3A
Turtle	11:10 AM	120621.1A	120621.2A	220621.3A
Alligator	10:35 AM	120622.1A	120622.2A	220622.3A
	11:45 AM	120622.1B	120622.2B	220622.3B
Seal	10:00 AM	120623.1A	120623.2A	220623.3A
Level 1	10:50 AM	120631.1A	120631.2A	220631.3A
Level 2	11:25 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	\$31.5/\$39.50	\$36.75/\$46	\$36.75/\$46
Beginning Blast	10:00 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
Blast 3	11:40 AM	120643.1A	120643.2A	220643.3A
Teen 2	11:10 AM	120652.1A	120652.2A	220652.3A
	Fee	\$33/\$41.25	\$38.5/\$48.25	\$38.5/\$48.25
Adult 1	10:50 AM	120661.1A	120661.2A	220661.3A
Adult 2	10:00 AM	120662.1A	120662.2A	220662.3A

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.

Sunday Afternoon

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/7-2/11	2/18-3/25	4/8-5/20
	Fee	\$27/\$33.75	\$27/\$33.75	\$31.50/\$39.50
Water Explorers	4:10 PM	120714.1A	120714.2A	220714.3A
Turtle	3:00 PM	120721.1A	120721.2A	220721.3A
	3:35 PM	120721.1B	120721.2B	220721.3B
Alligator	3:00 PM	120722.1A	120722.2A	220722.3A
	3:35 PM	120722.1B	120722.2B	220722.3B
Seal	3:00 PM	120723.1A	120723.2A	220723.3A
	3:35 PM	120723.1B	120723.2B	220723.3B
Level 1	4:10 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
Level 4	3:00 PM	120734.1A	120734.2A	220734.3A
	Fee	\$31.5/\$39.50	\$31.5/\$39.50	\$36.75/\$46
Beginning Blast	3:35 PM	120740.1A	120740.2A	220740.3A
Blast 1	3:35 PM	120741.1A	120741.2A	220741.3A
Blast 2	3:35 PM	120742.1A	120742.2A	220742.3A
Blast 3	4:10 PM	120743.1A	120743.2A	220743.3A
Teen 1	4:25 PM	120751.1A	120751.2A	220751.3A
Teen 2	4:25 PM	120752.1A	120752.2A	220752.3A
	Fee	\$33/\$41.25	\$33/\$41.25	\$38.5/\$48.25
Adult 1	4:25 PM	120761.1A	120761.2A	220761.3A



Indoor Lessons

LONGMONT RECREATION CENTER

Tuesday and Thursday Morning

	Time	Ssn 1	Ssn 2	Ssn 3	Ssn 4	Ssn 5
	Date	1/2-1/25	1/30-2/22	2/27-3/22	4/3-4/26	5/1-5/17
	Fee	\$36/\$45	\$36/\$45	\$36/\$45	\$36/\$45	\$27/\$33.75
Water Exp	9:00 AM	110214.1A	110214.2A	110214.3A	210214.4A	210214.5A
Turtle	9:35 AM	110221.1A	110221.2A	110221.3A	210221.4A	210221.5A
	10:10 AM	110221.1B	110221.2B	110221.3B	210221.4B	210221.5B
Alligator	9:35 AM	110222.1A	110222.2A	110222.3A	210222.4A	210222.5A
	10:45 AM	110222.1B	110222.2B	110222.3B	210222.4B	210222.5B
Seal	10:10 AM	110223.1A	110223.2A	110223.3A	210223.4A	210223.5A
	10:45 AM	110223.1B	110223.2B	110223.3B	210223.4B	210223.5B
	Fee	\$18/\$22.50	\$18/\$22.50	\$18/\$22.50	\$18/\$22.50	\$13.50/\$16.75
Aquababy Tu AM only	9:00AM	110211.1A	110211.2A	110211.3A	210211.4A	210211.5A
Aquatot Th AM only	9:00AM	110212.1A	110212.2A	110212.3A	210212.4A	210212.5A

Sunday Morning

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/7-2/18	2/25-4/8*	4/15-5/20
	Fee	\$31.50/\$39.50	\$27/\$33.75	\$27/\$33.75
Aquababy	9:20 AM	110711.1A	110711.2A	210711.3A
Aquatot	9:55 AM	110712.1A	110712.2A	210712.3A
Water Ex	9:55 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
	10:30 AM	110723.1D	110723.2D	210723.3D
Level 1	9:20 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	9:20 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
	Fee	\$36.75/ \$46	\$31.50/\$39.50	\$31.50/\$39.50
Beginning Blast	8:30 AM	110740.1A	110740.2A	210740.3A
	10:30 AM	110740.1B	110740.2B	210740.3B
Blast 1	8:30 AM	110741.1A	110741.2A	210741.3A
	10:30 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	10:30 AM	110743.1A	110743.2A	210743.3A
Teen 1	8:30 AM	110751.1A	110751.2A	210751.3A
Teen 2	8:30 AM	110752.1A	110752.2A	210752.3A
	Fee	\$38.50/ \$48.25	\$33/ \$41.25	\$33/ \$41.25
Adult 1	7:40 AM	110761.1A	110761.2A	210761.3A
Adult 2	7:40 AM	110762.1A	110762.2A	210762.3A

* no class 4/1

Wednesday Afternoon

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/3-2/7	2/14-3/21	4/4-5/16
	Fee	\$27/\$33.75	\$27/\$33.75	\$31.50/\$39.50
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

Tuesday Afternoon

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/2-2/6	2/13-3/20	4/3-5/15
	Fee	\$27/\$33.75	\$27/\$33.75	\$31.50/\$39.50
Turtle	4:15 PM	110321.1A	110321.2A	210321.3A
	4:50 PM	110321.1B	110321.2B	210321.3B
	5:25 PM	110321.1C	110321.2C	210321.3C
Alligator	4:15 PM	110322.1A	110322.2A	210322.3A
	4:50 PM	110322.1B	110322.2B	210322.3B
	5:25 PM	110322.1C	110322.2C	210322.3C
Seal	4:50 PM	110323.1A	110323.2A	210323.3A
	5:25 PM	110323.1B	110323.2B	210323.3B
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
	Fee	\$31.50/ \$39.50	\$31.50/ \$39.50	\$36.75/ \$46
Beginning Blast	4:00 PM	110340.1A	110340.2A	210340.3A
	5:25 PM	110340.1B	110340.2B	210340.3B
Blast 1	5:25 PM	110341.1A	110341.2A	210341.3A
Blast 2	5:25 PM	110342.1A	110342.2A	210342.3A

Thursday Afternoon

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/4-2/8	2/15-3/22	4/5-5/17
	Fee	\$27/\$33.75	\$27/\$33.75	\$31.50/\$39.50
Water Exp	4:10 PM	110514.1A	110514.2A	210514.3A
Turtle	4:10 PM	110521.1A	110521.2A	210521.3A
	4:45 PM	110521.1B	110521.2B	210521.3B
	5:20 PM	110521.1C	110521.2C	210521.3C
Alligator	4:10 PM	110522.1A	110522.2A	210522.3A
	4:45 PM	110522.1B	110522.2B	210522.3B
	5:20 PM	110522.1C	110522.2C	210522.3C
Seal	4:45 PM	110523.1A	110523.2A	210523.3A
	5:20 PM	110523.1B	110523.2B	210523.3B
Level 1	4:50 PM	110531.1A	110531.2A	210531.3A
Level 2	5:25PM	110532.1A	110532.2A	210532.3A
Level 3	4:10 PM	110533.1A	110533.2A	210533.3A
Level 4	4:00 PM	110534.1A	110534.2A	210534.3A
	Fee	\$31.50/ \$39.50	\$31.50/ \$39.50	\$36.75/ \$46
Beginning Blast	4:00 PM	110540.1A	110540.2A	210540.3A
	4:45 PM	110540.1B	110540.2B	210540.3B
Blast 1	5:35 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

LRC Pool has Open Swim during Swim Lessons*. Please pay to play. Swim lessons do not include open swim admittance fees. Pay drop-in admission or use pass card prior to swim lessons. Proof of payment may be requested for swimming before/after lessons.

Children 5 and under MUST have an adult in the water with them.

*Sunday Morning lessons from 8:30am to 10am is "quiet" swim lesson time with no open swim. The Leisure Pool opens at 10am - see page XX for more hour information. Lap swim available, minimum 2 lanes