

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**

SWIM LESSONS

» SWIM LESSONS AT CENTENNIAL POOL

1201 Alpine St | 303-774-4700

MONDAY & WEDNESDAY EVENING CENTENNIAL POOL							
30 Minute Classes	Time	Ssn 1	Ssn 2	Ssn 3	Ssn 4	Ssn 5	
	Date Fee	1/6-1/22* \$31.25/\$39	1/27-2/12 \$37.30/\$47	2/19-3/12** \$43.75/\$54.75	3/24-4/9 \$37.30/\$47	4/14-5/7 \$50/\$62.50	
Turtle	4:10 PM	120121.1A	120121.2A	120121.3A	220121.1A	220121.2A	
	4:45 PM	120121.1B	120121.2B	120121.3B	220121.1B	220121.2B	
Alligator	4:10 PM	120122.1A	120122.2A	120122.3A	220122.1A	220122.2A	
	5:20 PM	120122.1B	120122.2B	120122.3B	220122.1B	220122.2B	
Seal	5:55 PM	120123.1A	120123.2A	120123.3A	220123.1A	220123.2A	
Level 1	4:10 PM	120131.1A	120131.2A	120131.3A	220131.1A	220131.2A	
Level 2	4:45 PM	120132.1A	120132.2A	120132.3A	220132.1A	220132.2A	
	5:20 PM	120132.1B	120132.2B	120132.3B	220132.1B	220132.2B	
Level 3	5:55 PM	120133.1A	120133.2A	120133.3A	220133.1A	220133.2A	
Beginning Blast	4:10 PM	120140.1A	120140.2A	120140.3A	220140.1A	220140.2A	
	5:40 PM	120140.1B	120140.2B	120140.3B	220140.1B	220140.2B	
45 Minute Classes		Fee	\$38.75/\$48.50	\$46.50/58.25	\$54.25/\$68	\$46.50/58.25	\$62/\$77.50
Blast 1	4:00 PM	120141.1A	120141.2A	120141.3A	220141.1A	220141.2A	
Blast 2	5:35 PM	120142.1A	120142.2A	120142.3A	220142.1A	220142.2A	
Blast 3	4:45 PM	120143.1A	120143.2A	120143.3A	220143.1A	220143.2A	

*No Class on 1/20 **Starts on a Wednesday 2/19

SATURDAY MORNING CENTENNIAL POOL					
30 Minute Classes	Time	Ssn 1	Ssn 2	Ssn 3	
	Date Fee	1/11-2/15 \$37.50/\$47	2/22-3/29 \$37.50/\$47	4/5-5/10 \$37.50/\$47	
Turtle	9:30 AM	120621.1A	120621.2A	220621.1A	
	11:15 AM	120621.1B	120621.2B	220621.1B	
Alligator	9:30 AM	120622.1A	120622.2A	220622.1A	
	10:05 AM	120622.1B	120622.2B	220622.1B	
Seal	10:40 AM	120623.1A	120623.2A	220623.1A	
Level 1	9:30 AM	120631.1A	120631.2A	220631.1A	
	11:15 AM	120631.1B	120631.2B	220631.1B	
Level 2	10:05 AM	120632.1A	120632.2A	220632.1A	
Level 3	10:40 AM	120633.1A	120633.2A	220633.1A	
Beginning Blast	10:05 AM	120640.1A	120640.2A	220640.1A	
	10:40 AM	120640.1B	120640.2B	220640.1B	
		Fee	\$46.50/58.25	\$46.50/58.25	\$46.50/58.25
Blast 1	11:15 AM	120641.1A	120641.2A	220641.1A	



» SWIM LESSONS AT LONGMONT RECREATION CENTER

310 Quail Rd | 303-774-4700

SUNDAY MORNING LONGMONT RECREATION CENTER

30 Minute Classes	Time Date	Ssn 1	Ssn 2	Ssn 3
		1/12-2/16 Fee \$37.50/\$47	2/23-3/30 Fee \$37.50/\$47	4/6-5/11* Fee \$37.50/\$47
Aqua Baby	8:10 AM	110711.1A	110711.2A	210711.1A
Aqua Tot 1	8:45 AM	110712.1A	110712.2A	210712.1A
Aqua Tot 2	9:55 AM	110713.1A	110713.2A	210713.1A
Turtle	8:10 AM	110721.1A	110721.2A	210721.1A
	8:45 AM	110721.1B	110721.2B	210721.1B
	9:20 AM	110721.1C	110721.2C	210721.1C
	9:40 AM	110721.1D	110721.2D	210721.1D
	9:55 AM	110721.1E	110721.2E	210721.1E
Alligator	8:10 AM	110722.1A	110722.2A	210722.1A
	8:45 AM	110722.1B	110722.2B	210722.1B
	9:05 AM	110722.1C	110722.2C	210722.1C
	9:20 AM	110722.1D	110722.2D	210722.1D
Seal	9:55 AM	110723.1A	110723.2A	210723.1A
	10:30 AM	110723.1B	110723.2B	210723.1B
Level 1	8:10 AM	110731.1A	110731.2A	210731.1A
	9:20 AM	110731.1B	110731.2B	210731.1B
Level 2	8:45 AM	110732.1A	110732.2A	210732.1A
	9:55 AM	110732.1B	110732.2B	210732.1B
Level 3	9:20 AM	110733.1A	110733.2A	210733.1A
Level 4	9:55 AM	110734.1A	110734.2A	210734.1A
Beginning Blast	8:30 AM	110740.1A	110740.2A	210740.1A
	10:30 AM	110740.1B	110740.2B	210740.1B
Teen 1	10:30 AM	110751.1A	110751.2A	210751.1A
Adult 1	9:20 AM	110761.1A	110761.2A	210761.1A
45 Minute Classes	Fee	\$46.50/58.25	\$46.50/58.25	\$46.50/58.25
Blast 1	9:40 AM	110741.1A	110741.2A	210741.1A
	10:15 AM	110741.1B	110741.2B	210741.1B
Blast 2	8:50 AM	110742.1A	110742.2A	210742.1A
Blast 3	8:00 AM	110743.1A	110743.2A	210743.1A
Adult 2	8:30 AM	110762.1A	110762.2A	210762.1A
Adult 3	7:40 AM	110763.1A	110763.2A	210763.1A

*No class 4/20 Easter



TUESDAY EVENING LONGMONT RECREATION CENTER

30 Minute Classes	Time Date	Ssn 1	Ssn 2*	Ssn 3
		1/7-2/11 Fee \$37.50/\$47	2/18-4/1* Fee \$37.50/\$47	4/8-5/6 Fee \$31.25/\$39.25
Aqua Tot 2	4:50 PM	110313.1A	110313.2A	210313.1A
Turtle	4:35 PM	110321.1A	110321.2A	210321.1A
	5:45 PM	110321.1B	110321.2B	210321.1B
Alligator	4:00 PM	110322.1A	110322.2A	210322.1A
	5:10 PM	110322.1B	110322.2B	210322.1B
Seal	4:00 PM	110323.1A	110323.2A	210323.1A
Level 1	5:25 PM	110331.1A	110331.2A	210331.1A
Level 2	6:00 PM	110332.1A	110332.2A	210332.1A
Beginning Blast	4:00 PM	110340.1A	110340.2A	210340.1A
45 Minute Classes	Fee	\$46.50/58.25	\$46.50/58.25	\$38.75/\$48.50
Blast 1	4:35 PM	110341.1A	110341.2A	210341.1A
	5:25 PM	110341.1B	110341.2B	210341.1B
Blast 2	5:25 PM	110342.1A	110342.2A	210342.1A
Blast 3	4:35 PM	110343.1A	110343.2A	210343.1A
Teen 2	4:00 PM	110352.1A	110352.2A	210352.1A

*No class 3/18 SVVSD Spring Break

THURSDAY EVENING LONGMONT RECREATION CENTER

30 Minute Classes	Time Date	Ssn 1	Ssn 2	Ssn 3
		1/9-2/13 Fee \$37.50/\$47	2/20-4/3* Fee \$37.50/\$47	4/10-5/8 Fee \$31.25/\$39.25
Turtle	4:00 PM	110521.1A	110521.2A	210521.1A
	5:10 PM	110521.1B	110521.2B	210521.1B
Alligator	4:00 PM	110522.1A	110522.2A	210522.1A
	5:45 PM	110522.1B	110522.2B	210522.1B
Seal	4:35 PM	110523.1A	110523.2A	210523.1A
	6:00 PM	110523.1B	110523.2B	210523.1B
Level 1	4:00 PM	110531.1A	110531.2A	210531.1A
	5:45 PM	110531.1B	110531.2B	210531.1B
Level 2	4:35 PM	110532.1A	110532.2A	210532.1A
	5:10 PM	110532.1B	110532.2B	210532.1B
Level 3	5:10 PM	110533.1A	110533.2A	210533.1A
	5:45 PM	110533.1B	110533.2B	210533.1B
Level 4	4:35 PM	110534.1A	110534.2A	210534.1A
Beginning Blast	5:25 PM	110540.1A	110540.2A	210540.1A
Teen 1	4:00 PM	110551.1A	110551.2A	210551.1A
45 Minute Classes	Fee	\$46.50/58.25	\$46.50/58.25	\$38.75/\$48.50
Blast 1	4:35 PM	110541.1A	110541.2A	210541.1A

**No Class 3/20 SVVSD Spring Break

SWIM LESSONS & SWIM TRAINING

TUESDAY & THURSDAY MORNING | LONGMONT RECREATION CENTER

30 Minute Classes	Time Date	Ssn 1	Ssn 2	Ssn 3	Ssn 4	Ssn 5
		1/7-1/23 Fee \$37.50/\$47	1/28-2/13 \$37.50/\$47	2/18-3/13 \$50/\$62.50	3/25-4/10 \$37.50/\$47	4/15-5/8 \$50/\$62.50
Aqua Baby	8:45 AM	110211.1A	110211.2A	110211.3A	210211.1A	210211.2A
Aqua Tot 1	9:20 AM	110212.1A	110212.2A	110212.3A	210212.1A	210212.2A
Aqua Tot 2	9:55 AM	110213.1A	110213.2A	110213.3A	210213.1A	210213.2A
Turtle	9:55 AM	110221.1A	110221.2A	110221.3A	210221.1A	210221.2A
Alligator	8:45 AM	110222.1A	110222.2A	110222.3A	210222.1A	210222.2A
Seal	9:20 AM	110223.1A	110223.2A	110223.3A	210223.1A	210223.2A

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 available 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: \$40-\$43 res/\$50-\$53.75 non-res
Each 45 Minute Lesson: \$52-\$54 res/\$65-\$67.50 non-res

Semi-Private Session Fees:

A shared lesson for up to 3 students

Each 30 Minutes Lesson: \$52-\$54 res/\$65-\$67.50 non-res
Each 45 Minute Lesson: \$63-\$65 res/\$78.75-\$81.25 non-res

Private Lesson Sessions

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. *"private"*

Fee: \$160 resident/\$200 non-resident

Centennial Pool: 1201 Alpine St

Jan 11-Feb 1 | Feb 8-Mar 1 | Mar 8-29 | Apr 5-26 120699
Sat am: 9:30am, 10:05am, 10:40am, or 11:15am 220699

Longmont Recreation Center: 310 Quail Rd

Jan 7-30 | Feb 4-27 | Mar 4-Apr 3* | Apr 8-May 1

**No class 3/18 or 3/20*

Tue pm: 4:00pm, 4:35pm, 5:10pm, or 5:45pm 110399 | 210399
Thurs pm: 4:00pm, 4:35pm, 5:10pm, or 5:45pm 110599 | 210599

CARA Centennial Swim Team

Pre-requisite: Ability to swim 25 yards of freestyle with rhythmic breathing and 25 yards of backstroke both unassisted. A recreation swim team for youth who are not USA swimmers. Practices place an emphasis on technique building, endurance, and FUN! Swim meet options exist. All information is emailed to participants: please update your email while registering.

Location:	Centennial Pool, 1201 Alpine St	"CARA"
6-10 yrs:	Tue & Thurs, 5:10-5:55 pm	
Jan 7-Feb 6	\$55 res/\$68.75 non-res	121112
Feb 11-Mar 13	\$55 res/\$68.75 non-res	121112
Mar 25-May 1	\$66 res/\$82.50 non-res	221112
12-18 yrs:	Tue & Thurs, 6:00-7:00 pm	
Jan 7-Feb 6	\$65 res/\$81.25 non-res	121113
Feb 11-Mar 13	\$65 res/\$81.25 non-res	121113
Mar 25-May 1	\$78 res/\$97.50 non-res	221113
9-12 yrs:	Tue & Thurs, 6:00-7:00 pm	
Jan 7-Feb 6	\$65 res/\$81.25 non-res	121114
Feb 11-Mar 13	\$65 res/\$81.25 non-res	121114
Mar 25-May 1	\$78 res/\$97.50 non-res	221114



Beginning Masters

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 level are welcome, with the recommendation that participants should be capable of swimming 25 yards without assistance.

18 & up:	Tue, 5-6pm	
Jan 7-Feb 4	\$50 res/\$62.50 non-res	121813
Feb 11-Mar 11	\$50 res/\$62.50 non-res	121813
Mar 25-Apr 29	\$60 res/\$75 non-res	121813
Location:	Centennial Pool, 1201 Alpine St	

CERTIFICATION CLASSES

We are committed to recruiting and training a highly qualified work force. Reduced fees are available to current or pending city of Longmont Employees. Please email swim@longmontcolorado.gov for an interview and more information on enrolling as a pending employee.

Water Safety Instructor Certification Class

Pre-Requisite: Ability to swim 6 strokes front and back crawl, breaststroke, butterfly, elementary backstroke, and sidestroke. Learn the techniques and skills necessary to become American Red Cross certified to teach swim lessons. Must complete Blended Learning online component before class start. *“aquajob”*

15 & up: 121241 | 221241
Feb 14-17, Fri/Sat/Sun/Mon, 9am-3pm
May 27-30, Tues, 3-7pm & Wed-Fri, 8:30am-6pm
Location: Centennial Pool, 1201 Alpine St
Fee: \$50 future City of Longmont employees/
 \$295 resident/\$357.50 non-resident

Longmont Swim Instructor Class

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. Pre-Requisite: Ability to swim freestyle and backstroke for 25 yards. Must submit job application before the start of class. *“aquajob”*

15 & up: **Mar 8 & 9, Sat & Sun, 8am-1pm** 121243
Location: Longmont Recreation Center, 310 Quail Rd
Fee: Free - future City of Longmont employees ONLY

Lifeguard Prep Course

Join us to assess your swimming skills and get ready for the lifeguard pre-test! These sessions are best taken at least two weeks before your lifeguard class start date. Receive valuable practice tips for retrieving a brick from the bottom of the pool and swimming 200 yards non-stop. Includes a \$25 discount on a future lifeguard class. Limit one discount per person per lifeguard class. *“aquajob”*

14 & up: **Dec 11, Wed, 4-6:30pm** 121212
Jan 8, Wed, 5-7pm 121212
Mar 5, Wed, 5-7pm 221212
Apr 9, Wed, 5-7pm 221212
May 7, Wed, 5-7pm 221212
Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$25 resident/\$31.25 non-resident

American Red Cross Lifeguard Training

Pre-Requisites: Must be 15 years old by last day of 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. Candidates must attend all class sessions in their entirety. *“aquajob”*

15 & up: **Dec 20-23, F/Sa/Su/M, 8am-6pm** 121211
Jan 17-20, Fri 4-7:30pm & Sat-Mon, 8am-6pm 121211
Apr 25-28, Mon & Fri-Sun, 8am-6pm 221211
May 24-27, M/Tu/Sat/Sun, 8am-6pm 221211
Future City of Longmont Employee Only Offerings:
Mar 20-23, Thurs-Sun, 8am-6pm 221211
Location: Centennial Pool, 1201 Alpine St
Fee: \$250 resident/\$312.50 non-resident/
 \$50 future City of Longmont Employee

CPR/AED & First Aid Class

This American Red Cross course covers the skills for CPR/AED and First Aid for adults, children and infants. *“cpr”*

12 & up: **Feb 8, Sat, 9am-5pm** 121223
Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$95 resident/\$118 non-resident

American Red Cross Babysitter Training

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

11-16 yrs: **Dec 8, Sun, 9am-3pm** 421231
Jan 26, Sun, 9am-3pm 121231
Feb 23, Sun, 9am-3pm 121231
Location: Centennial Pool, 1201 Alpine St
Fee: \$95 resident/\$118.75 non-resident

