

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

The Levels classes teach a range of skills with a strong emphasis on safety. The Blast program focuses on refining stroke technique to prepare swimmers for the CARA swim teams.

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**
or **Beginning Blast**

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 consistently breathing to the side?

NOT YET »

Sign up for **Blast 1**

Can the child swim 50 yards front crawl while lifting head or rolling over to breath?

NOT YET »

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

Can the child swim 50 yds front crawl, 50 yards back crawl, 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, 100 yards back crawl, 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 crawl?

NOT YET »

Adult 1

Can the adult swim 25 yards front and back crawl 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

Saturday Mornings

Location: Centennial Pool, 1201 Alpine St

Session 1: Sept 6-Oct 18

Session 2: Oct 25-Dec 13* *No class 11/29

30 min fee: \$54.25 res/\$68 non-res

45 min fee: \$64.75 res/\$81 non-res

SATURDAY MORNING

30 Minute Classes	Time	Code
Turtle	10:05am 11:15am	420621
Alligator	9:30am 10:40am	420622
Seal	10:55am	420623
Level 1	10:05am	420631
Level 2	10:40am 11:15am	420632
Level 3	9:30am	420633
Beginning Blast	9:30am	420640
45 Minute Classes	Time	Code
Blast 1	10:05am	420641

*No class 11/29

Monday & Wednesday Evenings

Not all classes offered all sessions.

Location: Centennial Pool, 1201 Alpine St

Session 1: Sept 8-25

Session 3: Oct 27-Nov 12

Session 4: Nov 17-Dec 10* *No class 11/24 & 11/26

30 min fee: \$46.50 res/\$58.25 non-res

45 min fee: \$55.50 res/\$69.50 non-res

Session 2: Sept 29-Oct 22

30 min fee: \$62 res/\$75.50 non-res

45 min fee: \$74 res/\$92.50 non-res

MONDAY & WEDNESDAY EVENINGS

30 Minute Classes	Time	Code
Turtle	4:10pm 5:20pm	420121
Alligator	4:10pm 4:45pm	420122
Seal	5:55pm	420123
Level 1	4:45pm	420131
Level 2	4:10pm 5:20pm	420132
Level 3	5:55 pm	420133
Beginning Blast	4:10pm 5:40pm	420140
45 Minute Classes	Time	Code
Blast 1	4:45pm (4pm**)	420141
Blast 2	5:35pm (5:40pm**)	420142
Blast 3	4:45pm (4:50pm**)	420143

** ssn 4 time

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: \$42-\$45 res/\$52.50-\$56.25 non-res

Each 45 Minute Lesson: \$54-\$56 res/\$67.50-\$70 non-res

Semi-Private Session Fees: a shared lesson for 2 students

Each 30 Minutes Lesson: \$56-\$58 res/\$70-\$72.50 non-res

Each 45 Minute Lesson: \$67-\$69 res/\$83.75-\$86.25 non-res

Private Lesson Sessions

Register for four, 30-minute private swim lessons at the same time, day(s) of week, and location. *"private"*

Individual Fee: \$168 resident/\$210 non-resident

Semi-Private (2 students): \$224 resident/\$280 non-res

Centennial Pool: 1201 Alpine St

Sept 6-27 | Oct 4-25 | Nov 1-22

Sat am: 9:30am, 10:05am, 10:40am, or 11:15am 420699

Longmont Recreation Center: 310 Quail Rd

Sept 16-Oct 7 | Oct 14-Nov 4 | Nov 11-Dec 9* *No class 11/25

Tue pm: 4:00pm, 4:35pm, 5:10pm, or 5:45pm 410399

Thurs pm: 4:00pm, 4:35pm, 5:10pm, or 5:45pm 410599

Longmont Recreation Center: 310 Quail Rd

Sept 9-18 | Sept 23-Oct 2 | Oct 7-16 | Oct 21-30

Nov 4-13 | Dec 2-11

Tue & Thurs am: 10:45am 410299

**Lottery registration
Aug 12-18.**

Lottery results emailed Aug 19.
Enrollment offers expire after 48 hours.

» SWIM LESSONS AT LONGMONT RECREATION CENTER

310 Quail Rd | 303-774-4700

Tuesday or Thursday Evening

Location: Longmont Recreation Center, 310 Quail Rd

Session 1: Sept 9-Oct 16

30 min fee: \$46.50 res/\$58.25 non-res

45 min fee: \$55.50 res/\$69.50 non-res

Session 2: Oct 21-Dec 11*

**No class 11/25 or 11/27*

30 min fee: \$54.25 res/\$68 non-res

45 min fee: \$64.75 res/\$81 non-res

Emailed enrollment offers expire after 48 hours if not paid. Spot moves to next person on waiting list.

***Lottery results emailed Aug 19.*

TUESDAY EVENINGS

Lottery registration
Aug 12-18

30 Minute Classes	Time	Code
Aqua Tot 2	4:50pm	410313
Turtle	4:35pm 5:45pm	410321
Alligator	4:00pm 5:10pm 5:25pm	410322
Seal	4:00pm	410323
Level 1	5:25pm	410331
Level 2	6:00pm	410332
Beginning Blast	4:00pm	410340
45 Minute Classes	Time	Code
Blast 1	4:35pm	410341
Blast 2	5:25pm	410342
Blast 3	4:35pm	410343
Teen 2	4:00pm	410352

THURSDAY EVENINGS

Lottery registration
Aug 12-18

30 Minute Classes	Time	Code
Aqua Tot 1	4:00pm	410512
Turtle	4:00pm 5:10pm	410521
Alligator	4:00pm 5:45pm	410522
Seal	4:35pm 6:00pm	410523
Level 1	5:45pm	410531
Level 2	4:35pm 5:10pm	410532
Level 3	5:10pm 5:45pm	410533
Level 4	4:35pm	410534
Beginning Blast	5:25pm	410540
Teen 1	4:00pm	410551
45 Minute Classes	Time	Code
Blast 1	4:35pm	410541

Tuesday & Thursday Mornings

Location: Longmont Recreation Center, 310 Quail Rd

Session 1: Sept 9-25

Session 2: Sept 30-Oct 16

Session 3: Oct 21-Nov 6

30 min fee: \$46.50 res/\$58.25 non-res

Session 4: Nov 11-Dec 11* **No class 11/25 or 11/27*

30 min fee: \$62 res/\$75.50 non-res

TUESDAY & THURSDAY MORNING

30 Minute Classes	Time	Code
Aquababy	9:00am	410211
Aqua Tot 1	9:35am	410212
Aqua Tot 2	10:10am	410213
Turtle	9:35am	410221
Alligator	9:00am	410222
Seal	10:10am	410223

Sunday Mornings

Location: Longmont Recreation Center, 310 Quail Rd

Session 1: Sept 7-Oct 19

Session 2: Oct 26-Dec 14* **No class 11/30*

30 min fee: \$54.25 res/\$68 non-res

45 min fee: \$64.75 res/\$81 non-res

SUNDAY MORNING

Lottery registration
Aug 12-18

30 Minute Classes	Time	Code
Aqua Baby	8:10am	410711
Aqua Tot 1	8:45am	410712
Aqua Tot 2	9:55am	410713
Turtle	8:10am 8:45am 9:20am 9:40am 9:55am	410721
Alligator	8:10am 8:45am 9:05am 9:20am	410722
Seal	9:55am 10:30am	410723
Level 1	8:10am 9:20am	410731
Level 2	8:45am 9:55am	410732
Level 3	9:20am 10:30am	410733
Level 4	9:55am	410734
Beginning Blast	8:30am 10:30am	410740
Teen 1	10:30am	410751
Adult 1	9:20am	410761
45 Minute Classes	Time	Code
Blast 1	9:40am	410741
Blast 2	8:50am	410742
Blast 3	8:00am	410743
Adult 2	8:30am	410762
Adult 3	7:40am	410763

SWIM TRAINING & CERTIFICATIONS

CERTIFICATION CLASSES

American Red Cross Babysitter Training

This course provides youth with the information and skills to provide safe and responsible care for children while babysitting. Bring a pen or pencil and lunch and/or snacks. Certificates will be emailed directly from the American Red Cross after successful course completion.

11-16 yrs:	Nov 2, Sun, 9am-3pm	421231
Location:	Centennial Pool, 1201 Alpine St	
Fee:	\$95 resident/\$118.75 non-resident	

Water Safety Instructor Certification Class

Learn techniques and skills necessary to become American Red Cross certified to teach swim lessons. Pre-Requisite: Ability to swim front and back crawl, breaststroke, butterfly, elementary backstroke, and sidestroke. This class has a small online portion that must be completed before the first day of class.

15 & up:	Dec 29-30 & Jan 2-3, M/Tu & F/Sat, 9am-6:30pm	421241
Location:	Centennial Pool, 1201 Alpine St	
Fee:	\$50 Future City of Longmont employees	
Fee:	\$295 resident/\$357.50 non-resident	

Longmont Swim Instructor Class

Enjoy swimming and teaching others? Learn skills and techniques to teach swimming lessons with the City of Longmont!

Pre-Requisite: Ability to swim front crawl and back crawl for 25 yards. Must submit job application before the start of class.

15 & up:	Oct 4 & 5, Sat & Sun, 9am-3pm	421243
Sat Location:	Centennial Pool, 1201 Alpine St	
Sun Location:	Longmont Recreation Ctr, 310 Quail Rd	
Fee:	Free for future City of Longmont employees ONLY	

American Red Cross Lifeguard Training

This course teaches future lifeguards how to spot and handle emergencies in the water. Training includes CPR, first aid, and AED use. If you want to work for the City of Longmont, you can get a discounted rate of \$70. Email swim@longmontcolorado.gov for information.

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.

15 & up:	Nov 22-25, Sat/Sun/M/Tu, 8am-6pm	421211
	Dec 20-23, Sat/Sun/M/Tu 8am-6pm	121211
Location:	Centennial Pool, 1201 Alpine St	
Fee:	\$280 resident/\$350 non-resident	

CARA Centennial Swim Team

CARA Swimming is a recreation swim team for youth who are not USA swimmers. Practices focus on technique, endurance, and fun! Options exist to compete in swim meets when offered. Please update your email during registration. *No practices November 25 and 27.*

Pre-requisite: Ability to swim 25 yards front crawl and 25 yards back crawl without help.

Location:	Centennial Pool, 1201 Alpine St	"CARA"
6-10 yrs:	Tue & Thurs 5:10-5:55pm	
Sept 9-Oct 23	\$98 res/\$122.5 non-res	421112
Oct 28-Dec 18	\$98 res/\$122.5 non-res	421112
9-12 yrs:	Tue & Thurs 6-7pm	
Sept 9-Oct 23	\$112 res/\$140 non-res	421113
Oct 28-Dec 18	\$112 res/\$140 non-res	421113
12-18 yrs:	Tue & Thurs 6-7pm	
Sept 9-Oct 23	\$112 res/\$140 non-res	421114
Oct 28-Dec 18	\$112 res/\$140 non-res	421114

MASTERS SWIMMING

Beginning Masters

Join this adult only swim team to get better at swimming and improve your fitness. The practices are fun and help you improve your skills. Adults of all skill level are welcome. We recommend the ability to swim 25 yards by yourself before joining. *No class 11/25.* **"Masters"**

18 & up:	Tuesday, 5-6pm	
	Sept 9-Oct 21 Oct 28-Dec 16	421813
Location:	Centennial Pool, 1201 Alpine St	
Fee:	\$73.50 resident/\$91 non-resident	

Intermediate Masters

This program helps you feel more comfortable swimming with others and get stronger in the water. You'll learn how swim workouts in a fun and supportive setting. We recommend you can swim at least 100 yards without stopping before joining. **No class 11/27* **"Masters"**

18 & up:	Thursday, 5-6pm	421814
	Sept 11-Oct 23 Oct 30-Dec 18	
Location:	Centennial Pool, 1201 Alpine St	
Fee:	\$73.50 resident/\$91 non-resident	

Longmont Masters Swim Schedule

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

18 & up:	Mon/Wed/Fri, 6-7am & Sat, 8-9am	
Location:	Centennial Pool, 1201 Alpine St	
18 & up:	Tue/Thurs, 12-1pm	
Location:	Longmont Recreation Center, 310 Quail Rd	
Fee:	Daily Admission	

