

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. *"wsi"*

15 & up: Mar 14-17, Sat-Tues, 8am-6pm 221241

Location: Centennial Pool, 1201 Alpine St

Fee: \$70 Future City of Longmont employees /
\$315 resident/\$393.75 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 freestyle and backstroke for 25 yards. Must submit job application before the start of class. *"lsi"*

15 & up: Feb 28 & Mar 1, Sat & Sun, 8:30am-3:30pm 131243

Location: Sat - Centennial Pool, 1201 Alpine St

Sun - Longmont Recreation Ctr, 310 Quail Rd

15 & up: April 7-16, T & Th, 3:45-7:30pm 231243

Location: 4/7 & 9 - Centennial Pool, 1201 Alpine St

4/14 & 16- Longmont Recreation Ctr, 310 Quail Rd

Fee: Free for future City of Longmont employees

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. Want to work for the City of Longmont? Get a discounted rate of \$70. Email swim@longmontcolorado.gov for information.



Pre-Requisites: 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. Must attend all class sessions in their entirety.

15 & up: Feb 13-16, Fri/Sat/Sun/M, 8am-6pm 121211

Mar 17-20, Tu/Wed/Th/Fri 8am-6pm 221211

Apr 24-27, Fri 4-8pm, Sat/Sun/M 8am-6pm 221211

Location: Centennial Pool, 1201 Alpine St

Fee: \$280 resident/\$350 non-resident

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 are emailed directly from the American Red Cross after successful course completion.

11-16 yrs: Jan 11, Sun, 9am-2pm 121231

11-16 yrs: May 3, Sun, 9am-2pm 221231

Location: Centennial Pool, 1201 Alpine St

Fee: \$105 resident/\$131.25 non-resident

INDIVIDUAL SWIM INSTRUCTION

Individual Private Lessons

Private swim lessons depend on instructor availability and pool space. To request a lesson, visit LongmontColorado.gov/swim to see if requests are open and complete the online form if available. Discounts are offered when you buy multiple lessons at once. For ages 3 and up.

Individually Scheduled Private Session Fees

Per 30 Minute Lesson: \$44-\$47.50 res/\$55-\$59.25 non-res

Per 45 Minute Lesson: \$56.50-\$58.75 res/\$70-\$73.50 non-res

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

Per 30 Minute Lesson: \$58.75-\$60.75 res/\$73.50-\$76 non-res

Per 45 Minute Lesson: \$70.25-\$72.25 res/\$87.75-\$90.25 non-res

Private Lesson Sessions

Register for four to six 30-minute private swim lessons on a set day and time. For ages 3 and older. **No class 3/17 or 3/19*

"private"

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

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

Centennial Pool: 1201 Alpine St

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

Jan 10-Feb 14 | Feb 21-Apr 4 6 lessons 120699

Apr 11-May 9 5 lessons 220699

Longmont Recreation Center: 310 Quail Rd

Tue pm: 4pm, 4:35pm, 5:10pm, or 5:45pm 110399 | 210399

Thurs pm: 4pm, 4:35pm, 5:10pm, or 5:45pm 110599 | 210599

Jan 6-Feb 12 | Feb 17-Apr 2* 6 lessons

Apr 7-May 7 5 lessons

Longmont Recreation Center: 310 Quail Rd

Tues & Thurs: 10:45am 110229 | 210229

Jan 6-22 | Jan 27-Feb 12 | Apr 21-May 7 6 lessons

Feb 17-26 | Mar 3-12 | Mar 24-Apr 2 | Apr 7-16 4 lessons

6 lesson fee: Individual: \$264 res/\$330 non-res

Semi-Private (2 students): \$352.50 res/\$440.50 non-res

5 lesson fee: Individual: \$220 res/\$275 non-res

Semi-Private (2 students): \$293.75 res/\$367.25 non-res

4 lesson fee: Individual: \$176 res/\$220 non-res

Semi-Private (2 students): \$235 res/\$293.75 non-res



WE WANT YOU TO WORK FOR US!

Recreation hires for both year-round and seasonal positions. With jobs available for individuals as young as 15 and for older adults in their retirement years, see current openings and application timelines at

» bit.ly/aqua-jobs

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 **No class 3/21*

Session 1: Jan 10-Feb 14 (code begins with "1")

Session 2: Feb 21-Apr 4* (code begins with "1")

30 minute fee: \$51 res/\$63.75 non-res

45 minute fee: \$60 res/\$75 non-res

Session 3: Apr 11-May 9 (code begins with "2")

30 minute fee: \$42.50 res/\$53 non-res

45 minute fee: \$50 res/\$62.50 non-res

SATURDAY MORNING

30 Min. Classes	Time	Code
Turtle	10:05 am 11:15am	120621 220621
Alligator	9:30am 11:30am	120622 220622
Seal	9:30am	120623 220623
Level 1	9:30am	120631 220631
Level 2	10:05am 11: 15 am	120632 220632
Level 3	10:40am	120633 220633
Beginning Blast	10:05am 10:40am	120640 220640
45 Min. Classes	Time	Code
Blast 1	10:40am	120641 220641

Monday & Wednesday Evenings

Session 1: Jan 6-21 (code begins with "1")

Session 2: Jan 26-Feb 18 (code begins with "1")

Session 3: Feb 23-Mar 11 (code begins with "1")

Session 4: Mar 23-Apr 15 (code begins with "2")

30 minute fee: \$68 res/\$85 non-res

45 minute fee: \$80 res/\$100 non-res

Session 5: Apr 20-May 6 (code begins with "2")

30 minute fee: \$51 res/\$63.75 non-res

45 minute fee: \$60 res/\$75 non-res

MONDAY & WEDNESDAY EVENINGS

30 Min. Classes	Time	Code
Turtle	4:10pm 5:20pm	120121 220121
Alligator	4:10pm 5:55pm	120122 220122
Seal	4:45pm	120123 220123
Level 1	4:45pm	120131 220131
Level 2	4:10pm 5:20pm	120132 220132
Level 3	5:55pm	120133 220133
Beginning Blast	4:10pm 5:40pm	120140 220140
45 Min. Classes	Time	Code
Blast 1	4:45pm	120141 220141
Blast 2	5:35pm	120142 220142
Blast 3	4:45pm	120143 220143

» SWIM LESSONS AT LONGMONT RECREATION CENTER

310 Quail Rd | 303-774-4700

Tuesday or Thursday Morning

Location: Longmont Recreation Center, 310 Quail Rd

Session 1: Jan 6-22 (code begins with "1")

Session 2: Jan 27-Feb 12 (code begins with "1")

Session 5: Apr 21-May 7 (code begins with "2")

30 minute fee: \$51 resident/\$63.75 non-res

Session 3: Feb 17-May 12 (code begins with "1")

Session 4: Mar 24-April 16 (code begins with "2")

30 minute fee: \$68 resident/\$85 non-res

TUESDAY & THURSDAY MORNING

30 Minute Classes	Time	Code
Aqua Baby	8:45am	110211 210211
Aqua Tot 1	9:20am	110212 210212
Aqua Tot 2	9:55am	110213 210213
Turtle	9:55am	110221 210221
Alligator	8:45am	110222 210222
Seal	9:20am	110223 210223



» SWIM LESSONS AT LONGMONT RECREATION CENTER

310 Quail Rd | 303-774-4700

Tuesday or Thursday Evening

**No class 3/17 or 3/19*

Location: Longmont Recreation Center, 310 Quail Rd

Ssn 1: Tue Jan 6-Feb 10 | Th Jan 8-Feb 12
(code begins with "1")

Ssn 2: Tue Feb 17-28* | Th Feb 19-Apr 2*
(code begins with "1")

30 minute fee: \$51 res/\$63.75 non-res

45 minute fee: \$60 res/\$75 non-res

Ssn 3: Tue Apr 6-May 3 | Th Apr 8-May 5
(code begins with "2")

30 minute fee: \$42.50 res/\$53 non-res

45 minute fee: \$50 res/\$62.50 non-res

TUESDAY EVENINGS Lottery registration

30 Minute Classes	Time	Code
Aqua Tot 2	4:50pm	110313 210313
Turtle	4:35pm 5:45pm	110321 210321
Alligator	4:00pm 5:10pm	110322 210322
Seal	4:00pm	110323 210323
Level 1	5:25pm	110331 210331
Level 2	6:00pm	110332 210332
Beginning Blast	4:00pm	110340 210340
45 Minute Classes	Time	Code
Blast 1	4:35pm 5:25pm	110341 210341
Blast 2	5:25pm	110342 210342
Blast 3	4:35pm	110343 210343
Teen 2	4:00pm	110352 210532

THURSDAY EVENINGS Lottery registration

30 Minute Classes	Time	Code
Aqua Tot 1	4:45pm	110512 210512
Turtle	4:00pm 5:10pm	110521 210521
Alligator	4:00pm 5:45pm	110522 210522
Seal	4:35pm 6:00pm	110523 210523
Level 1	5:10pm	110531 210531
Level 2	4:10pm 4:35pm	110532 210532
Level 3	4:00pm 5:55pm	110533 210533
Level 4	5:20pm	110534 210534
Beginning Blast	5:25pm	110540 210540
Teen 1	5:45pm	110551 210551
45 Minute Classes	Time	Code
Blast 1	4:35pm	110541 210541

Lottery Registration: Register by lottery for Tuesday Evenings, Thursday Evenings, and Sunday Mornings at the Longmont Recreation Center.

Dec 1-7: Lottery Sign up - each session is its own lottery.

Dec 8: Lottery Spin & notification email

Dec 9: Regular Registration

Sunday Mornings

Location: Longmont Recreation Center, 310 Quail Rd

Session 1: Jan 4-Feb 8 (code begins with "1")

30 minute fee: \$51 res/\$63.75 non-res

45 minute fee: \$60 res/\$75 non-res

Session 2: Feb 15-Mar 29 (code begins with "1")

30 minute fee: \$59.50 res/\$74.25 non-res

45 minute fee: \$70 res/\$87.50 non-res

Session 3: Apr 12-May 10 (code begins with "2")

30 minute fee: \$42.50 res/\$53 non-res

45 minute fee: \$50 res/\$62.50 non-res

SUNDAY MORNINGS Lottery registration

30 Minute Classes	Time	Code
Aqua Baby	8:10am	110711 210711
Aqua Tot 1	8:45am	110712 210712
Aqua Tot 2	9:55am	110713 210713
Turtle	8:10am 8:45am 9:20am 9:40am 9:55am	110721 210721
Alligator	8:10am 8:45am 9:05am 9:20am	110722 210722
Seal	9:55am 10:30am	110723 210723
Level 1	8:10am 9:20am	110731 210731
Level 2	8:45am 9:55am	110732 210732
Level 3	9:20am	110733 210733
Level 4	9:55am	110734 210734
Beginning Blast	8:30am 10:30am	110740 210740
Teen 1	10:30am	110751 210740
Adult 1	9:20am	110761 210761
45 Minute Classes	Time	Code
Blast 1	9:40am 10:15am	110741 210741
Blast 2	8:50am	110742 210742
Blast 3	8:00am	110743 210743
Adult 2	8:30am	110762 210762
Adult 3	7:40am	110763 210763

CARA SWIM TEAMS

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. **“CARA”**

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

Centennial Tsunamis Swim Team

Location:	Centennial Pool, 1201 Alpine St		
6-10 yrs:	Tue & Thurs, 5:10-5:55pm		
Jan 6-Feb 5	\$75 res/\$93.75 non-res	121112	
Feb 10-Mar 12	\$75 res/\$93.75 non-res	121112	
Mar 24-May 7	\$105 res/\$131.25 non-res	221112	
9-12 yrs:	Tue & Thurs, 6-7pm	121113	221113
12-18 yrs:	Tue & Thurs, 6-7pm	121114	221114
Jan 6-Feb 5	\$85 res/\$106.25 non-res		
Feb 10-Mar 12	\$85 res/\$106.25 non-res		
Mar 24-May 7	\$119 res/\$148.75 non-res		

Longmont Recreation Center Piranhas Swim Team

Location:	Longmont Recreation Center, 310 Quail Rd		
6-10 yrs:	Mon & Wed, 4:45-5:45 pm	111112	211112
9-14 yrs:	Mon & Wed, 5:50-6:50 pm	111113	211113
Feb 9-Mar 11	\$85 res/\$106.25 non-res		
Mar 23-May 6	\$119 res/\$148.75 non-res		

Masters Swimming

Join these adult-only swim teams to get better at swimming and improve your fitness. Learn about swim workouts in a fun and supportive setting. **“masters”**

Sessions:	Jan 6-Mar 12	\$110 res/\$137.50 non-res
	Mar 24-May 7	\$77 res/\$96.25 non-res

Location: Centennial Pool, 1201 Alpine St

Beginning Masters: All skill levels welcome. Able to swim 25 yards by yourself.

18 & up: Tuesdays, 5-6pm 121813 | 221813

Intermediate Masters:

Able to swim 100 yards without stopping.

18 & up: Thursdays, 5-6pm 121814 | 221814

Longmont Masters Swim Schedule

Ability to swim 1,000 yards non-stop recommended.

18 & up: Mon/Wed/Fri, 6-7 am & Sat, 8-9 am

Location: Centennial Pool, 1201 Alpine St

18 & up: Tue/Thurs, 12-1 pm

Location: Longmont Recreation Center, 310 Quail Rd

Fee: Daily Admission

SPRINGBOARD DIVING LESSONS

***No Class:** March 16-21

Location: Centennial Pool, 1201 Alpine St

Beginner Springboard Diving

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. **“diving”**

7 & up:	Jan 7- Feb 25, Wed, 5-5:45pm	121324
	Jan 10 – Feb 28, Sat, 9-9:45am	121324

Fee: \$90 resident / \$112.50 non-resident

7 & up:	Mar 4-May 6*, Wed, 5-5:45pm	221324
	Mar 7-May 9*, Sat, 9-9:45am	221334

Fee: \$101.25 resident / \$126.50 non-resident

Intermediate Springboard Diving

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

7 & up:	Jan 5-Feb 23, Mon, 5-6pm	121334
	Jan 7-Feb 25, Wed, 6-7pm	121334

Fee: \$120 resident / \$50 non-resident

7 & up:	Mar 2-May 4*, Mon, 5-6pm	221334
	Mar 4-May 6*, Wed, 6-7pm	221334

Fee: \$135 resident / \$168.75 non-resident

Advanced Springboard Diving

Work on advanced dives, including somersaults. Pre-requisites: front dives with approach, back dives from jump, and introduction to inward, reverse, and twisting dives.

7 & up:	Jan 5-Feb 23, Mon, 6:15-7:30pm	121344
	Jan 7-Feb 25, Wed, 7:15-8:30pm	121344

Fee: \$150 resident / \$187.50 non-resident

7 & up:	Mar 2-May 4*, Mon, 6:15-7:30pm	221344
	Mar 4-May 6*, Wed, 7:15-8:30pm	221344

Fee: \$168.75 resident / \$211 non-resident

Drop-In Springboard Diving

All skill levels welcome! Must be able to swim independently in the diving well. Register beforehand or at the door.

7 & up: Jan 10-May 9*, Sat, 10-11am 121362 | 221362

Daily Fee: \$20 resident/\$25 non-resident

