

Longmont

# RECREATION

Summer 2026



150 155 250

**LONGMONT**

1871



## CELEBRATING ANNIVERSARIES:

- » 150 years of Colorado
- » 155 years of Longmont
- » 250 years of United States

See calendar insert for events and celebrations.



## HONORING THE WORK THAT BUILT US—AS A STATE, A COUNTRY, AND A COMMUNITY.

Still working. Still growing. Still hiring.

Check out current job openings at

» [LongmontColorado.gov/Jobs](https://www.LongmontColorado.gov/Jobs)

Positions and needs change,  
but the work goes on —  
**COME BE PART OF IT.**

Front cover photos, left to right: Baseball team (year unknown) 1973.109.608 museum archives | Children playing in Roosevelt Park wading pool (1962) 2015.020.L.20.70.PRK.015 museum archives  
Three people at July 4th concert (2025), Longmont photo | Marguerite Warner with tennis racket (1900-1920) 1975.096.024 museum archives

### Quick Reference Guide

## 3 Easy Ways to Connect with Recreation

Questions? Registrations? Reservations?



### ONLINE

RecSupport@LongmontColorado.gov

- » Home Page: [www.LongmontColorado.gov/rec](http://www.LongmontColorado.gov/rec)
- » Program Registrations: [bit.ly/recreationregistration](https://bit.ly/recreationregistration)
- » Select self-service online cancellations
- » Park Shelter Reservations: [www.LongmontColorado.gov/park-shelters](http://www.LongmontColorado.gov/park-shelters)



### IN PERSON

- » Longmont Recreation Center, 310 Quail Rd
- » St Vrain Memorial Building, 700 Longs Peak Ave
- » Centennial Pool, 1201 Alpine St



### OVER THE PHONE

See more phone numbers inside on page 3 in the City Info Section

1. Registration & Pass Sales: 303-774-4700
2. Longmont Recreation Center: 303-774-4800
3. St Vrain Memorial Building: 303-651-8404
4. Centennial Pool: 303-651-8406
5. Park Shelter Reservations: 303-651-8404

Register  
for classes beginning  
**TUESDAY,**  
**APR 14**

### IMPORTANT INFORMATION

- » The customer pays an additional 3% fee for all purchases made by debit or credit card. Apple Pay and similar contactless payments also have the 3% fee. Fees can be avoided by paying in-person with cash or personal check. No fee for paying online with a bank account.
- » Full payment is due at registration unless otherwise noted.
- » \$5 minimum service charge assessed for cancellations. Cancellations requested with less than 7 days notice are subject to no refund or loss of a percentage of fees paid.
- » Credit card processing fees can't be refunded.
- » Sorry, refunds cannot be given in cash. A check will be issued and mailed within 3 weeks.
- » \$25 charge on all returned payments.
- » A resident is defined as living within the City limits of Longmont and having utilities (trash service) provided by the City of Longmont.
- » Classes may be cancelled or consolidated if minimum enrollment figures are not met 3 business days before a class starts. Participants will be contacted.

*All information within this brochure is subject to correction and change.*

# FACILITY FEES

**Admittance Fees** (All fees are subject to change. Resident is defined as within Longmont city limits. Debit or credit card payment adds a 3% fee.)

## 20 VISIT PASS

Valid at all facilities - Expires 5 years from date of purchase.

	Resident	Non-Res	Corp/Mil	Able to purchase/renew online
All Ages	\$115.50	\$144.25	\$103.75	

20 visit passes are for all ages and may be shared with friends and family.

## 30-Day Pass

	Resident	Non-Res	Corp/Mil	Valid at all facilities. Expires 30 days from start date. Able to purchase/renew online
Child 2-10 yrs	\$24.25	\$30.25	n/a	
Youth 11-17 yrs	\$34.25	\$42.75	n/a	
Adult 18-54 yrs	\$57.50	\$71.75	\$51.75	
Senior 55 and up	\$34.25	\$42.75	\$30.75	
Household†	\$110.50	\$138.00	\$104.75	
Couple	\$98.75	\$123.25	\$93.00	

## 3-MONTH PASS\*

	Resident	Non-Res	Corp/Mil	Valid at all facilities. Expires 3 months from date of purchase. Able to purchase/renew online
Child 2-10 yrs	\$63.25	\$79.00	n/a	
Youth 11-17 yrs	\$90.75	\$113.50	n/a	
Adult 18-54 yrs	\$158.50	\$198.00	\$126.75	
Senior 55 and up	\$90.75	\$113.50	\$72.50	
Household†	\$298.00	\$372.50	\$266.25	
Couple	\$262.50	\$328.00	\$230.75	

## ANNUAL PASS: Monthly Payments\*

	Resident	Non-Res	Corp/Mil	Valid at all facilities. Monthly credit card charge or checking/savings.
Child 2-10 yrs	\$22.50	\$28.00	n/a	
Youth 11-17 yrs	\$32.00	\$40.00	n/a	
Adult 18-54 yrs	\$55.50	\$70.00	\$49.75	
Senior 55 and up	\$32.00	\$40.00	\$28.75	
Household†	\$105.25	\$131.50	\$99.75	
Couple	\$93.25	\$116.50	\$87.75	

account debit minimum commitment 12 + months required.

*Subject to early termination fee of one month. Auto Renews. Forms to cancel auto debit must be received by the 25th of the month prior to stopping; no proration. Any overdraft fees responsibility of cardholder.*

## ANNUAL PASS: Paid in full\*

	Resident	Non-Res	Corp/Mil	Valid at all facilities - Expires 1 year from date of purchase. Includes 2-6 free visits with purchase
Child 2-10 yrs	\$219.50	\$274.25	n/a	
Youth 11-17 yrs	\$314.50	\$393.00	n/a	
Adult 18-54 yrs	\$551.00	\$688.75	\$440.75	
Senior 55 and up	\$314.50	\$393.00	\$251.50	
Household†	\$1,037.00	\$1,296.25	\$926.75	
Couple	\$913.00	\$1,141.25	\$802.75	

\*The benefits of 3-Month and Annual passes: Admittance to all indoor year round facilities. Admittance to seasonal outdoor facilities (Ice Pavilion, Sunset Pool, Kanemoto & Roosevelt Activity Pools). †Household pass: The household rate is for 2 adults and their children (22 & under) living at home. Free babysitting at LRC for Household Pass holders.

## DROP-IN VISIT

(per person)	Resident	Non-Res	Drop-In Visit fees are good for all day, same day use, same user with receipt.
Child 2-10 yrs	\$6.00	\$7.50	
Youth 11-17 yrs	\$6.50	\$8.00	
Adult 18-54 yrs	\$7.75	\$9.50	
Senior 55 and up	\$6.50	\$8.00	

## ACTIVITY POOL DROP-IN VISITS

	Resident	Non-Resident	Able to purchase/renew online
Under 1 year	\$1.00	\$1.00	
1 year & older	\$4.00	\$5.00	

Visit passes can be purchased for infants and 1 & up online. While there are no discounts for bulk purchase, enjoy swiping a card and avoid the need to carry cash.

## PRESCHEDULED GROUP RATE (10+ people)

A reduced rate for groups of 10 or more is available at Recreation Facilities with at least 24 hours' notice. See online [LongmontColorado.gov/rec](http://LongmontColorado.gov/rec), email [RecSupport@longmontcolorado.gov](mailto:RecSupport@longmontcolorado.gov) or call 303-774-4700 for information.

Visiting a pool? Email [swim@longmontcolorado.gov](mailto:swim@longmontcolorado.gov)

## CORPORATE RATE

Recreation partners with businesses to promote health & wellness. A minimum of 3 pass-holding employees are required for corporate status. Employees (re) enroll each year to receive benefits. Call 303-651-8821 to inquire.

## TABLE OF CONTENTS

<b>1 FACILITY FEES</b>	<b>15 CERTIFICATIONS</b>
<b>2 CITY INFORMATION</b>	<b>16 TEAMS &amp; DIVING</b>
<b>4 SANDSTONE RANCH VISITORS &amp; LEARNING CENTER</b>	<b>17 SPORTS</b>
<b>5 UNION RESERVOIR</b>	<b>23 CALENDAR PULLOUT</b>
<b>6 RECREATION CENTER</b>	<b>28 FITNESS &amp; WELLNESS</b>
<b>7 ST. VRAIN MEMORIAL BUILDING</b>	<b>34 THERAPEUTIC - SCOPE</b>
<b>8 SUNSET POOL</b>	<b>36 GENERAL INTEREST</b>
<b>9 OUTDOOR POOLS</b>	<b>43 CALLAHAN HOUSE</b>
<b>9 CENTENNIAL POOL</b>	<b>44 LONGMONT MUSEUM</b>
<b>10 SWIM LESSONS</b>	<b>45 SENIOR SERVICES</b>
	<b>46 GOLF</b>
	<b>47 FIRING RANGE</b>
	<b>48 PARTIES &amp; RENTALS</b>



Follow us on Facebook!

[www.facebook.com/longmontrecreation](http://www.facebook.com/longmontrecreation)

Para información sobre esta publicación en Español llame al 303-651-8601 o correo electrónico [RecSupport@longmontcolorado.gov](mailto:RecSupport@longmontcolorado.gov)

# CITY INFORMATION



**LONGMONT CIVIC CENTER**  
350 Kimbark St | 303-776-6050

**Hours of Operation:**  
Mon-Fri 8am-5pm | Closed Sat and Sun

Holidays: Closed May 25, June 19,  
July 3, & Sept 7

## Join Coffee with Council in 2026

The public is invited to Coffee with Council January through October, at locations throughout Longmont. Find locations online at [bit.ly/coffeewithcouncil](https://bit.ly/coffeewithcouncil) **See 2026 dates online | Saturdays, 9-10am** For information about city council meetings and agendas, call the City Clerk's Office at 303-651-8649 or visit [longmontcolorado.gov/agendas](https://longmontcolorado.gov/agendas)



## CITY COUNCIL

There are a variety of ways to contact city council members:

- » City council meetings, most Tuesdays at 7 pm
- » Coffee with Council, one Saturday of every month Jan-Oct
- » Mail c/o City Clerk's Office, 350 Kimbark St. 80501
- » Email and phone

### MAYOR | Susie Hidalgo-Fahring

Term expires 12/2027 | 303-651-8602  
[susie.hidalgo-fahring@longmontcolorado.gov](mailto:susie.hidalgo-fahring@longmontcolorado.gov)

### WARD I | Diane Crist

Term expires 12/2027 | 303-774-3614  
[diane.crist@longmontcolorado.gov](mailto:diane.crist@longmontcolorado.gov)

### WARD II | Matthew Popkin

Term expires 12/2029 | 303-774-3617  
[matthew.popkin@longmontcolorado.gov](mailto:matthew.popkin@longmontcolorado.gov)

### WARD III | Alex Kalkhofer

Term expires 12/2027 | 303-774-3612  
[alex.kalkhofer@longmontcolorado.gov](mailto:alex.kalkhofer@longmontcolorado.gov)



### AT-LARGE | Jake Marsing

Term expires 12/2029 | 303-774-3615  
[jake.marsing@longmontcolorado.gov](mailto:jake.marsing@longmontcolorado.gov)

### AT-LARGE | Sean McCoy

Term expires 12/2027 | 303-774-3618  
[sean.mccoy@longmontcolorado.gov](mailto:sean.mccoy@longmontcolorado.gov)

### AT-LARGE | Crystal Prieto

Term expires 12/2029 | 303-774-3613  
[crystal.prieto@longmontcolorado.gov](mailto:crystal.prieto@longmontcolorado.gov)

## GOLF ADVISORY BOARD

Bill Davis	Bill Hazel
Jesse Branken	Anne Dorozenski
Mark Springfield	
Sean McCoy, City Council Liaison	

## MUSEUM ADVISORY BOARD

Caley Cordova	Thomas Kurtz
Catherine Cox	Robert Lee
Linda Buchsbaum	Sheila Conroy
Catlyn Keenan	Michael Gallifrey
Jake Marsing, City Council Liaison	

## PARKS & RECREATION ADVISORY BOARD

Erin Angel	Hannah Mulroy
Nick Novello	Scott Conlin
Thomas Davis	Sam Libby
Brandi Bradshaw Reyes	
Sean McCoy, City Council Liaison	

## SENIOR SERVICES ADVISORY BOARD

David Brenna	Ellon Dooley
Erik Brack	John Higgins
Maria Cortez	John Pillmann
Marta Moreno	
Matthew Popkin, City Council Liaison	

## CALLAHAN HOUSE ADVISORY BOARD

Karen Kruse	Cindy Martini
Candis Schey	Julia Brown
Jeffrey Gallaher	
Brittaney Hastings, Staff Liaison	

## LIBRARY ADVISORY BOARD

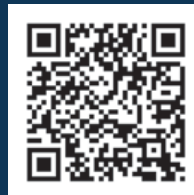
Jamie Quirk	Charlene Kellsey
Nicole Gallifrey	Katie Wiser
Diane Crist, Council Liaison	

## Be the First to Know What's Happening in Longmont.

Sign up for City newsletters and get the news, events and updates that matter to you.

Quick to sign up. Easy to manage. Cancel or update your preferences at any time.  
[longmontcolorado.gov/newsletters](https://longmontcolorado.gov/newsletters)

### Sign Up!



## VOLUNTEERS AND PARTNERS WANTED

Division and departments across the City rely on the support of volunteers and partners for a variety of projects and programs.

### Volunteers Make It Possible

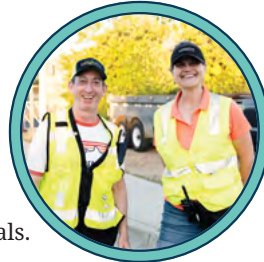
Divisions and departments across the City rely on the support of volunteers for a variety of projects and programs.

Summer examples of volunteer needs:

- » Monitoring entrances to concerts and festivals.
- » Coaching a Special Olympic softball team.
- » Help attendees to special events find their way around the venue.

We depend on YOU to help create this fantastic community.

If you are interested in contributing to our Longmont community and making Longmont the best it can be, visit our volunteer pages online at [longmontcolorado.gov/volunteer](http://longmontcolorado.gov/volunteer)



### Partnerships Strengthen Community

We believe that how we engage in play profoundly impacts our well-being and enriches our lives. By partnering with organizations like yours, we can provide our community with valuable opportunities to play and thrive. From community-wide events to diverse programs for all ages, we create spaces where fun flourishes.

Interested in exploring partnership opportunities?

Email [sam.calhoon@longmontcolorado.gov](mailto:sam.calhoon@longmontcolorado.gov) or call Sam at 303-774-4694



### Longmont Online

- [LongmontColorado.gov](http://LongmontColorado.gov)
- [LongmontColorado.gov/contact](http://LongmontColorado.gov/contact)
- [LongmontColorado.gov/cityline](http://LongmontColorado.gov/cityline)

- [LongmontColorado.gov/careers](http://LongmontColorado.gov/careers)
- [facebook.com/cityoflongmontco](https://facebook.com/cityoflongmontco)
- [youtube.com/user/cityoflongmont](https://youtube.com/user/cityoflongmont)
- Instagram: @longmontcolorado

## LONGMONT PHONE NUMBERS

General Information	303-776-6050	Longmont Power & Communications	303-651-8386
Animal Control	303-651-8500	Longmont Public Library	303-651-8470
Building Inspection	303-651-8332	Longmont Recreation	303-651-8404
CDBG / Affordable Housing	303-651-8736	Municipal Court	303-651-8688
Centennial Pool	303-651-8406	NextLight Internet	303-774-4494
Children, Youth and Families	303-651-8580	Parking Enforcement	303-651-8658 or 303-774-4724
City Clerk's Office	303-651-8649	Parks, Open Space & Trails	303-651-8416
City Manager / Mayor	303-651-8601	Police Administration	303-651-8555
Code Enforcement	303-651-8695	Public Works Engineering	303-651-8304
Community & Neighborhood Resources	303-651-8444	Senior Center	303-651-8411
Economic Development	303-651-0128	Streets & Traffic	303-651-8416
Electric Power Interruption	303-776-0011	Sunset Pool (Seasonal)	303-651-8300
Employment Opportunities/Human Resources	303-651-8609	Sunset Golf Course	303-651-8466
Facility Rental Hotline	303-651-8443	Trash/Recycling/Composting	303-651-8416
Fire Administration	303-651-8437	Twin Peaks Golf Course	303-651-8401
Forestry	303-651-8416	Union Reservoir	303-772-1265
Hearing Impaired TTD#	800-659-3656	Ute Creek Golf Course	303-774-4342
Longmont Museum & Stewart Auditorium	303-651-8374	Utility Billing	303-651-8664
Longmont PD/BCSO Firing Range & Training Center	303-774-4587 or 303-774-4589	Water/Sewer/Storm Drainage	303-651-8416



## SANDSTONE RANCH VISITORS & LEARNING CENTER

3001 Sandstone Drive | Longmont, CO 80504 | 303-651-8404

### Visitors Center Hours:

Wednesdays, 10am-2pm, May 6 through Aug 26.

Saturdays 10am-2pm, 2nd & 4th Saturdays, Mar 14 through Oct 24

*No pets allowed at the center or on trails due to wildlife.*

## Discover a treasure of nature & history, just outside your door.

- » Hands-on displays
- » Early Longmont history
- » Nature Trail
- » Scenic overlook
- » Visitors Center with free admission



» [LongmontColorado.gov/SandstoneEvents](https://LongmontColorado.gov/SandstoneEvents)

## Directions to Sandstone Ranch Visitors Center:

*Note: Due to construction parking, upper parking lot spots are limited. Please do not park along the road. Overflow parking is available in nearby athletic field parking lots.*

The Visitors Center is located on Sandstone Drive, east of County Line Road and just off Highway 119. Turn south on Sandstone Drive, past the ball fields and follow the signs for the Visitors Center/Trailhead Parking Lot. If you park at the upper parking lot, the trail on the west side takes you down the hill to the Visitors Center. Handicapped parking is available next to the Visitors Center.

## Volunteering at Sandstone Ranch:

Sandstone Ranch depends on volunteers to run our programs! We need volunteers for open house hours, gardening, school field trips, and nature and history programming. For more information, contact Kirsten at [sandstone.ranch@longmontcolorado.gov](mailto:sandstone.ranch@longmontcolorado.gov)

## Group Tours:

Schedule a group tour or program for your organization, class, or camp. Topics include Longmont History, natural history, Front Range ecology and more. For more information, contact Kirsten at [sandstone.ranch@longmontcolorado.gov](mailto:sandstone.ranch@longmontcolorado.gov)

## PROGRAMS AT SANDSTONE RANCH

Parking next to the Visitors Center is very limited. Thank you for parking in the upper parking lot. Handicap parking available in front of the Visitors Center. Pre-register each person attending online or by calling 303-774-4700. A suggested donation of \$4/person exists for all programs unless otherwise noted. Registration is required.

### Family Fun - Environmental Education

Come explore the ecosystem of Sandstone Ranch. These programs will bring out the outdoor naturalist in you!

**8 & up: Sat, 10:30am-12pm** "ssrvlc"  
**Jun 13 | Jul 11** 306105

### Día de los Abuelos - Grandparents' Day

Celebrate Grandparents' Day at Sandstone Ranch Visitors Center with the Library for stories, games and fun!

"ssrvlc"  
**All Ages: Aug 22, Sat, 10am-1pm** 306686

### Nature Fridays

Come enjoy outdoor explorations with unique weekly themes. No fee for parents/guardians. "ssrvlc"

**3 & up: Fridays, 9am-12pm** 306851  
**May 22-Jul 24\*, \*No class Jul 3.**  
 Child Fee: \$5 resident/\$6.25 non-resident

### Nature Journaling

Observe and reflect on nature through sketching or writing. No need to be an accomplished artist; if you wish to be more observant of nature or just like being outdoors, then this program is designed for you! Materials included. "ssrvlc"

**14 & up: Jun 17, Wed, 6-8pm** 306852  
**Jul 15, Wed, 6-8pm**  
 Fee: \$5 resident/\$6.25 non-resident



» <https://rec.ci.longmont.co.us>  
 Click on Activities then

▼ I Want to Find  
 Keyword here





## UNION RESERVOIR

461 Weld County Rd 26 | Longmont, CO 80504 | 303-772-1265

Union Reservoir is a 736-acre body of water offering the best in wakeless boating and a variety of other outdoor activities.

July 4: no entry after 12pm. Capacity Limit.

No entry, including walk-in, when Union is at Capacity Limit. Visit [LongmontColorado.gov/UnionRes](http://LongmontColorado.gov/UnionRes) for wait times & details.



## Union Reservoir Hours

**Mar 1-May 31** 6am-8pm | **Jun 1-Aug 31** 6am-9pm

**Sept 1-Oct 31** 6am-8pm | **Nov 1-Feb 28** 7am-6pm

*Boating Season: Mar 1-Nov 30, dependent on ice conditions. Note: Hours & fees subject to change*

## Admission Fees (required year-round)

Bicycle/Walk-In	\$2/person
Daily Vehicle	\$10
Van/Bus...Daily Vehicle Fee + \$2 per person over 10 people with a \$100 max per vehicle.	
Weekend/Holiday Vehicle	\$15
effective May 23-Sept 7, including Jun 19 & July 4.	
Daily Watercraft	\$5
canoe, kayak, paddleboard, raft, and Windsurfing board	
Trailer Boat, Trolling Motors, & eFoils	\$10
<b>Longmont Resident/Non-Res</b>	
Vehicle Season Pass	\$85/\$200
2nd Vehicle Pass	\$65/\$140
Vehicle Senior Season Pass	\$55/\$128
2nd Vehicle Senior Pass	\$45/\$90
Watercraft Pass**	\$35/\$70
Trailer Boat Pass**	\$70/\$132
Year-round Boat Storage	\$480/\$924

*Storage requires vehicle & trailer boat passes*

*\*Weekend rates effective Memorial Day Weekend to Labor Day*

*\*\*Requires purchase of Vehicle season pass.*

- Fishing:** Walleye, trout, wiper, crappie, catfish, bass, and sunfish.
- Boating Activities:** Union Reservoir is wakeless. Lifejackets required for all watercraft. ANS inspections for required vessels.
- Picnicking:** Day use only. No alcohol. No glass.
- Dog Off Leash Area:** Specific area set aside for off-leash land and water activities.
- Other Activities:** Playground and Sand Volleyball pit.

## Swim Beach Open: May 23-Sept 19

A sandy beach with a roped-in waterfront area. When lifeguards are not on duty, swimming is at your own risk. Children ages 10 and under must have an adult in the water with them when a lifeguard is not present. Large groups contact [Union@longmontcolorado.gov](mailto:Union@longmontcolorado.gov) one week in advance of swimming.

**Lifeguards on Duty:** May 23-25: Sat-Mon, 10am-5pm

May 30-Aug 16: Daily, 10am-6pm *Hours subject to change*

## Open Water Swim (OWS)

Buoys are placed in a triangle on the Reservoir to create an approx 0.6 mile Open Swim Course. Lifeguards provided. Register online with activity keyword “**ows**” Must be on the roster, or show receipt, to participate.

16 & up: **Jun 2-Aug 12, Tue & Wed, 6:15-7:30pm** 300606  
**Jun 6-Aug 15, Sat, 8:30-9:45am** 300606

Fee: \$10 per person. Union Reservoir Season Passes are not valid. After 15 paid Open Water Swims, no fee will be charged, but registrations are still required.

## Union Scheduled Events

Limited access or park closure may occur during these events. Please call the reservoir office for additional information:

Jun 14 Solstice Sunrise Swim

Aug 16 & Sept 20 Triathlon



## Self-Serve Parking Kiosks at Union Reservoir

Union Reservoir requires fees for use, year-round. The Gate House is open daily, April through September, during good weather. Kiosks are available for year-round credit card payment of daily pass fees: place your receipt on the dash of your vehicle, date up.

## Questions about Union?

Email us at [Union@LongmontColorado.gov](mailto:Union@LongmontColorado.gov).



## LONGMONT RECREATION CENTER

310 Quail Road | 303-774-4800

Hours of Operation: *\*note: pools close 30 minutes before building*  
 Mon-Fri 5am-9pm | Sat & Sun 7am-5pm\*

Holiday Hours: Apr 5: 12-4pm  
 May 25, July 4, & Sept 7: 10am-4pm  
 Regular hours Jun 19

Pool Closure: mid-August to mid-September for new feature installation

Maintenance Closure: Aug 29-Sept 6

Facility Rentals Available: see page 48



### Pool Hours

Unless otherwise noted, swim times are for ages 18 & up.

#### Lap Pool/Hot Tub:

Mon-Fri 5am-8:30pm\*\*  
 \*\*7-8:30pm for 14 & up.  
 Sat & Sun 7am-4:30pm

#### All Ages: Leisure & Slides & Diving Boards

Mon/Wed/Fri 1pm-7pm  
 Tue/Thurs 11am-3:50pm  
 Sat & Sun 11am-4:30pm

#### All Ages: Leisure Pool & Slides (Slides on at 11am daily)

Mon/Wed/Fri 10am-7pm  
 Tue/Thurs\* 9am-7pm  
 Sat 9am-11am

\*No slides/features 9-11am & 3:50-6:30pm during swim lessons.

**Lap Swim - Be Kind - Share the Lane.**  
 Patrons who refuse to share lap lanes may be asked to leave the pool.

### Babysitting Information

Parent/guardian must be in the facility

Ages: 6 months-7 years  
 Mon-Fri: 8am-1pm & 4pm-7pm  
 Sat-Sun: 8:30am-1pm  
 Rates: \$4/hour, two hour max  
 Included with family annual, 3-mo, and 30-day passes.

### Climbing Wall

#### Spring Hours: Mar 30-May 25

Mon-Fri: 4pm-7pm  
 Sat-Sun: 10am-2pm

#### Summer Hours: May 26-Aug 14

Mon-Fri: 12pm-7pm  
 Sat-Sun: 10am-2pm

### A one-stop recreation facility offering:

- » Running track (11 1/2 laps = 1 mile)
- » Meeting room/Party room
- » Gendered locker rooms and six family cabanas
- » Lap Pool (6 lanes, 25 yards)
- » Leisure Pool with waterslides, lazy river, and interactive play features



- » Weight room with free weights and selectorized machines
- » Cardio equipment and fitness room
- » Multi-court gymnasium
- » Climbing wall
- » Babysitting services
- » Steam and dry sauna, spa
- » Wifi
- » Lobby seating with arcade games and concessions vending



Only authorized City of Longmont Recreation staff are permitted to train, coach or consult others in City facilities. If interested in using City facilities for this purpose, please ask at the front desk.



### SPORTS DROP-IN HOURS

- Volleyball** Wed 5:30-9pm  
 Fri Teen 4-6:30pm; 18+ 6:30-9pm
- Basketball** Mon-Fri 11:30am-1:30pm  
 & Sun 7am-10am
- Pickleball** M-Th, 1:30pm-4pm (55+ only)  
 & M/W/F, 7am-9am,  
 (all ages: maximum 2 courts)

*Sport Drop-In Hours are for adults 16 & older unless otherwise indicated.*



## ST. VRAIN MEMORIAL BUILDING

700 Longs Peak Ave | 303-651-8404

Building/Weight Room Hours

Monday-Friday: 7am-7pm

Saturday: 7am-12pm

Holiday Hours: Closed: May 25, July 4, Sept 7  
Regular Hours: Jun 19

Facility Maintenance Closure: Aug 10-15

Facility Rentals Available: see page 48



### Did You Know?

- » The St. Vrain Memorial Building is home base for two summer day camps:
  - Camp Memorial and
  - Expedition Tween Camp.
- » Camps run
  - Monday-Friday
  - May 26-Aug 7
  - 7am-5:30pm
- » The gymnasium is closed to drop-in use during these times.
- » Weight Room is available for use during building hours.

Looking for more information about summer camps? Visit [LongmontColorado.gov/summerdaycamp](http://LongmontColorado.gov/summerdaycamp)

### Drop-In Table Tennis

Join us for an evening of play. Bring your own paddle. Children must be supervised by parent/guardian.

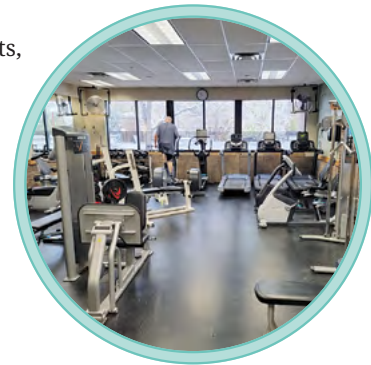
All Ages: Mondays, 6:30-9pm

Fee: \$9 / \$2 with pass

### Recreation in the Heart of Longmont:

A quieter, more intimate setting for your workout, to take a class, or to learn a new skill. Much of the same equipment as a large workout gym with none of the pretention or crowd. Offering a wide variety of fitness and general variety classes for little tykes to active older adults. Friendly and professional staff and great patrons make it a comfortable community atmosphere. Clean, quality amenities make it worth returning again and again.

- » Weight room with free weights, selectorized machines, and cardio equipment
- » Aerobics/Wellness room
- » TRX classes



- » Feature court gymnasium
- » Classroom/Party and Conference room
- » Seasonal access to the Roosevelt Activity Pool
- » Adjacent to Roosevelt Park walking loop

### Itty Bitty City

Rain or Shine, our toys are divine! Kids ages 6 months to 5 years have lots of room to run and play in the gym! Parents must supervise their children. Please, no older children. No fee for babies less than 6 months old.

Ages: 6 months to 5 years with a parent

Dates: Fridays, 9-11am, through May 8  
Saturdays, 10am-12pm, June 13 & July 11

Location: St Vrain Memorial Building

Fee: \$5 per child; 10 visit pass \$42.50

» purchase and renew Itty Bitty Passes online!



Looking for summer Family Fun? Check out Fun Fridays at Sandstone Ranch for children ages 3 & up. See page 4 for more information.

Rent time with our Itty Bitty City toys for a do-it-yourself party on Sundays. See page 48.



## SUNSET POOL 1900 Longs Peak Ave | 303-651-8300

- » Heated outdoor pool
- » Six 25 meter lap lanes
- » Plank, 1 meter & 3 meter diving boards
- » 2 super long and fast waterslides
- » Party room
- » Reserve-able outdoor shade shelters
- » Sandy beach play area
- » Family locker rooms
- » Best view in Longmont!
- » Concession Stand

### Opening Day: May 21

Thurs 12:30-5pm Lap & Open

### Pre-Season Hours

May 22-May 31

#### Open Swim with Slides & Lap Swim (All Ages)

Tue-Fri	12:30pm-5pm
Mon & Sat	10am-5pm
Sun	12pm-5pm

#### Lap & Adult Swim (ages 18+)

Tue-Fri	10am-12:30pm
Sat, May 30	8am-12pm
Sun	10am-12pm

### Summer Hours June 1-August 9

#### Open Swim with Slides & Diving Boards

Mon/Wed	12:30pm-5pm
Tues/Thurs	12:30pm-6pm
Fri & Sat	10am-6pm
Sun	12pm-6pm

#### Lap Swim

Mon/Wed	9am-8pm
Tues/Thurs	9am-6pm
Fri	7am-6pm
Sat	8am-6pm
Sun	10am-6pm

### Adult Swim (ages 18+)

Adults Swims are times when adults can use the parts of the facility that are not actively programmed. (Think space to water walk in shallow water or tread water in the diving well).

Mon-Thurs 7am-12:30pm | Fri 7-10am  
Sat 8-10am | Sun 10am-12pm

### Special Hours

#### July 4, Sat, 4th of July

Open & Lap Swim:	10am-4pm
Aqua Zumba:	10am-11:30am

### Post Summer Hours

Effective Aug 10 View online in late July at [LongmontColorado.gov/pools](http://LongmontColorado.gov/pools)

### Middle School Night at Sunset Pool

Middle School Night will be held every Tuesday in June and July for students entering 6th to 9th grade. You must have a school ID or proof of age to attend. No one outside this age range can enter. Lifeguards and a Pool Manager will be on duty. Pre-register to enter 15 minutes early. *“middle”*



11-14 yrs: June 2 – Aug 4 Tue, 7-9pm 300305

Location: Sunset Pool, 1900 Longs Peak Ave

Fee: \$7 resident/\$8.75 non-resident  
Recreation passes or previous daily admission receipts are not valid.

### Rent a shade shelter or the entire pool.

See page 48 for information.

### Bringing a group or day care to swim?

All groups must be scheduled in advance. See page 48.

### Pool Guidelines for Young Swimmers:

- Ages 5 & under: must have guardian ages 14 & older involved in the water with them at all times.
- Ages 6-8: must have guardian ages 14 & older present on the pool deck.
- Ages 9-10: must have guardian ages 14 & older within the facility
- Ages 11-13: may use facility without a guardian present

### Little's Swim at Sunset Pool

Enjoy this morning time at Sunset Pool with no slides or older kids! No grade school or older youth admitted during this time.

0-5 yrs + Adult 18 & up:

May 24-Sept 13, Sun, 10am-12pm

Location: Sunset Pool, 1900 Longs Peak Ave

Fee: Daily Admittance or Pass

### Aqua Adventures – Mermaids!

Bring your own mermaid tail and swim at Sunset Pool! Swim and play games wearing your mermaid tail in a Swim Instructor-led class. Swimming pre-requisite: Ability to jump into deep water, tread/float for one minutes, and swim 25 yards.

9-15 yrs: *“mermaid”*

Jul 2-23, Thurs, 11:35am-12:05pm 330577

Location: Sunset Pool, 1900 Longs Peak Ave

Fee: \$36 resident / \$45 non-resident



## ROOSEVELT ACTIVITY POOL

903 8th Ave | 303-774-4455

June 4-Aug 9     Closed Mondays & 4th of July  
 Tue-Sat   10am-4pm  
 Sun        10am-2pm

Roosevelt Activity Pool is a heated outdoor pool with a maximum depth of 2'8". It features zero-depth geysers, tumble buckets, water cannon and a spray garden primarily geared for ages 8 & under. Adult 14 yrs+ must be in water with youth 5 and under.

Facility Rentals Exist: see page 48

## KANEMOTO ACTIVITY POOL

1151 S. Pratt Pkwy | 303-774-3784

May 28-Aug 9\* | Monday-Sunday 10am-5pm  
 \*4th of July 10am-2pm

Kanemoto Activity Pool is a heated outdoor activity pool geared for youth 10 & under. Kanemoto has a zero depth entry, chair lift entry, fun water slide and a 4 foot deep end - great for jumping and swimming. Adult 14 yrs+ must be in water with youth 5 and under.

Facility Rentals Exist: see page 48



## CENTENNIAL POOL

1201 Alpine Street | 303-651-8406

Holiday Hours: CLOSED, May 23-25: Memorial Day Weekend  
 OPEN, June 19: Regular hours  
 June 28-July 5: maintenance closure

Facility Rentals Exist: see page 48

*The facility will close 15 minutes after the last swimming session. Please plan your shower/changing times accordingly.*

### Summer Hours

May 26-Aug 9

#### Fitness Room

Mon/Wed            6am-5pm  
 Tue/Thurs \*starts 6/2 6am-7pm  
 Fri                    6am-1pm  
 Sat                    9am-12pm  
 Sun                    closed

#### Lap Swim

Mon-Thurs        6am-2pm  
 Fri                    6am-1pm  
 Sat                    9am-12pm  
 Sun                    closed

### Spring Hours

Through May 22

#### Fitness Room

Mon-Fri            6am-5pm  
 Sat                    7am-12noon  
 Sun                    10am-1pm

#### Lap Swim

Mon-Fri            6am-2pm  
 Sat 8am-12pm | Sun 10am-1pm

### An Aquatic-Centric Fitness Facility Offering:

- » A pool with six 25-yard lap lanes
- » Large windows and skylights provide natural lighting for a calm yet energizing lap swim experience.
- » A fitness room overlooking the pool with treadmills, Lifecycles, and elliptical equipment, and a cable resistance weight machine. A rowing machine and StairMaster are also available.



**Interested in a job? We are Hiring!**

See certification training classes on page 15 »

See a listing of all jobs at » [LongmontColorado.gov/jobs](http://LongmontColorado.gov/jobs)

## Swim Lesson Selection Guide

For swim lesson related questions, contact [swim@longmontcolorado.gov](mailto:swim@longmontcolorado.gov)

### WHICH LESSON IS RIGHT FOR MY CHILD?

#### 6 months to 3.5 years

Aqua Baby | Aqua Tot 1-2



#### 3-5 years

Preschool Program | Beginning Blast



#### 6-12 years

Levels 1-4 | Beginning Blast | CARA & Blast 1-3

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: Parent/Child Classes: adult in water with child.

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: \*New & Revised class entry skills.

\*Does the child enjoy putting their face in the water?

**NOT YET »**

Sign up for **Starfish (NEW!!)**

\*Can the child retrieve an object underwater, front float alone, and back float with help?

**NOT YET »**

Sign up for **Turtle**

\*Can the child front float, then roll to their backs to breathe without assistance?

**NOT YET »**

Sign up for **Alligator**

Can the child swim with their face in the water for 10 yards, while rolling to their back to breathe in water they cannot touch in?

**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 consistently breathing to the side?

**NOT YET »**

Sign up for **Blast 1**

Can the child swim 50 yards front crawl consistently breathing to the side?

**NOT YET »**

Sign up for **Level 4**

Can the child swim 50 yds front crawl, 50 yards back crawl, and 25 yards breaststroke kick?

**NOT YET »**

Sign up for **Blast 2**

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**

**YES »**

Sign up for the **CARA Swim Team**

CARA Swim Team is an option for youth ages 6-17 who have completed Blast 1, Level 3, or Teen 2.

### 11-17 YEARS:

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

**NOT YET »**

Sign up for **Teen 1**

**Looking for other options for teens who can swim?**  
Try Jr. Lifeguard or Swim Instructor Aide classes on page 16.

**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 Masters Swimming**

## 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 starfish through Adults. No open swim during or after swim lessons. Parents can watch from upstairs observation room, or sit on the pool deck.

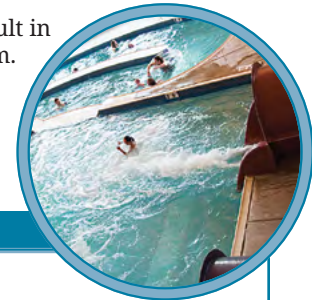
### Longmont Recreation Center

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.



## INDIVIDUAL SWIM INSTRUCTION

### Individual Private Lessons

Private swim lessons depend on instructor availability and pool space. To request a lesson, visit [LongmontColorado.gov/swim](http://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 fee 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



### 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.*



### Private Lesson Sessions

Register for four to six 30-minute private swim lessons on a set day and time. For ages 3 and older. **“private”**

**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

#### Centennial Pool: 1201 Alpine St

**Sat am:** 9:10am, 9:45am, 10:20am, 10:55am, or 11:30am  
May 30-Jun 27 | Jul 11-Aug 8 5 lessons 320699

#### Longmont Recreation Center: 310 Quail Rd

**Tue pm:** 4pm, 4:35pm, 5:10pm, or 5:45pm 310399

**Thurs pm:** 4pm, 4:35pm, 5:10pm, or 5:45pm 310599  
May 26-Jul 2 6 lessons | Jul 7-Aug 6 5 lessons

#### Sunset Pool: 1900 Longs Peak Ave

**Mon & Wed am:** 9am, 11:55am 330499

**Tue & Thurs am:** 9am, 11:55am 330299

Jun 1-11 | Jun 15-25 | Jun 29-Jul 9

Jul 13-23 | Jul 27-Aug 6 4 lessons

## » SWIM LESSONS AT CENTENNIAL POOL 1201 Alpine St | 303-774-4700

### Saturday Mornings

**Session 1:** May 30-Jun 27  
**Session 2:** Jul 11-Aug 8  
 30 minute fee: \$42.50 res/\$53.25 non-res  
 45 minute fee: \$50 res/\$62.50 non-res

SATURDAY MORNING			
30 Min. Classes	Time		Code
Starfish*	9:30am	10:40am	320620
Turtle*	9:30am	10:05am	320621
Alligator*	10:05am	11:15am	320622
Seal	10:05am		320623
Level 1	9:30am	11:15am	320631
Level 2	10:05am	11:15am	320632
Level 3	9:30am	10:40am	320633
Beginning Blast*	10:40am		320640
45 Min. Classes	Time		Code
Blast 1*	11:15am		320641

### Monday & Wednesday Mornings

**Session 1:** Jun 1-17  
**Session 2:** Jun 22-Jul 15 (No class 6/29 & 7/1)  
**Session 3:** Jul 20-Aug 5  
 30 minute fee: \$51 res/\$63.75 non-res  
 45 minute fee: \$60 res/\$75 non-res

MONDAY & WEDNESDAY MORNING		
30 Min. Classes	Time	Code
Starfish*	9:35am	320420
Turtle*	10:45am	320421
Alligator*	9:00am	320422
	10:10am	320422
Seal	9:50am	320423
Level 1	10:10am	320431
Level 2	9:35am	320432
Level 3	10:45am	320433
Beginning Blast*	10:25am	320440
45 Min. Classes	Time	Code
Blast 1*	9:00am	320441

## » SWIM LESSONS AT LONGMONT RECREATION CENTER 310 Quail Rd | 303-774-4700

### Tuesday & Thursday Mornings

**Session 1:** May 26-Jun 11  
 30 minute fee: \$51 res/\$63.75 non-res  
 45 minute fee: \$60 res/\$75 non-res  
**Session 2:** Jun 16-Jul 9  
**Session 3:** Jul 14-Aug 6  
 30 minute fee: \$68 res/\$85 non-res  
 45 minute fee: \$80 res/\$100 non-res

TUESDAY & THURSDAY MORNING			
30 Minute Classes	Time		Code
Aqua Baby	8:45am		310211
Aqua Tot 1	9:55am		310212
Aqua Tot 2	10:30am		310213
Starfish*	10:30am		310220
Turtle*	9:20am	9:55am	310221
Alligator*	8:45am	9:55am	310222
		10:30am	310222
Seal	8:45am	9:20am	310223
Level 1	9:20am		310231
Level 2	9:20am	9:55am	310232
Level 3	10:30am		310233
Level 4	8:45am		310234
Beginning Blast *	8:45am		310240
45 Min. Classes	Time		Code
Blast 1*	9:20am		310241
Blast 2	10:10am		310242

### Revised Entry Skills & New Class Offerings

We're excited to introduce updated entry skills and a brand-new class to better support swimmer development:

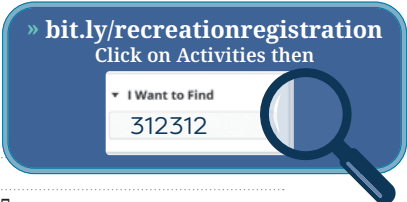
- » **Starfish (NEW!)**: Designed for preschoolers who are just beginning to feel comfortable in the water. This class focuses on building confidence with going underwater in a fun, supportive environment.
- » **Turtle (Revised)**: For preschoolers who are comfortable putting their face in the water and are beginning to learn how to independently front float.
- » **Alligator (Revised)**: For preschoolers who can front float independently and are working toward floating on their back without assistance.

**Register for Swim Lessons**  
beginning Apr 14, Tue, 6am. No lottery.

## » SWIM LESSONS AT LONGMONT RECREATION CENTER

310 Quail Rd | 303-774-4700

**Register for Swim Lessons**  
beginning Apr 14, Tue, 6am. No lottery.



### Sunday Mornings

**Session 1:** May 31-Jun 28  
**Session 2:** Jul 12-Aug 9  
30 minute fee: \$42.50 res/\$53.25 non-res  
45 minute fee: \$50 res/\$62.50 non-res

### SUNDAY MORNING

30 Minute Classes	Time		Code
Aqua Baby	8:10am		310711
Aqua Tot 1	8:45am		310712
Aqua Tot 2	9:55am		310713
Starfish*	8:10am	8:30am 10:30am	310720
Turtle*	8:45am	9:20am 9:55am	310721
Alligator*	8:10am	8:45am	310722
	9:05am	9:20am	310722
Seal	9:55am	10:30am	310723
Level 1	8:10am	9:20am	310731
Level 2	8:45am	9:55am	310732
Level 3	9:20am		310733
Level 4	9:55am		310734
Beginning Blast*	9:40am	10:30am	310740
Teen 1	9:20am		310751
Adult 1	10:30am		310761
45 Min. Classes	Time		Code
Blast 1 *	9:40am	10:15am	310741
Blast 2	8:50am		310742
Blast 3	8:00am		310743
Adult 2	8:30am		310762
Adult 3	7:40am		310763

### Tuesday or Thursday Evenings

**Session 1:** Tue May 26-Jun 30 | Th May 28-Jul 2  
30 minute fee: \$51 res/\$63.75 non-res  
45 minute fee: \$60 res/\$75 non-res  
**Session 2:** Tue Jul 7-Aug 4 | Th Jul 9-Aug 6  
30 minute fee: \$42.50 res/\$53.25 non-res  
45 minute fee: \$50 res/\$62.50 non-res

### TUESDAY EVENING

30 Minute Classes	Time		Code
Starfish*	4:00pm	5:10pm	310320
Turtle*	4:35pm	5:45pm	310321
Alligator*	4:00pm	4:35pm	310322
	5:10pm	5:45pm	
Seal	5:10pm		310323
Level 1	4:00pm	5:10pm	310331
Level 2	4:35pm	5:45pm	310332
Level 3	4:00pm		310333
Beginning Blast*	4:35pm		310340
45 Min. Classes	Time		Code
Blast 1*	4:00pm		310341
Blast 2	4:35pm		310342
Teen 2	5:25pm		310352

### THURSDAY EVENING

30 Minute Classes	Time		Code
Starfish*	4:00pm	4:35pm	310520
Turtle*	4:00pm	5:10pm	310521
Alligator*	4:00pm	5:45pm	310522
Seal	4:35pm	5:10pm	310523
Level 1	5:10pm		310531
Level 2	5:45pm		310532
Level 3	4:35pm		310533
Beginning Blast*	4:00pm	6:00pm	310540
Teen 1	4:00pm		310551
45 Min. Classes	Time		Code
Blast 1*	5:10pm		310541
Blast 2	4:35pm		310542
Blast 3	5:25pm		310543

- » **Seal (No Change)** For swimmers who can front float, roll onto their back, float independently, and stand up on their own.
- » **Beginning Blast (Revised)** For youth (ages 5+) who can independently front and back float and swim 5 yards on their own in deep water.
- » **Blast 1 (Revised)** For youth (ages 5+) who can swim the full length of the pool without stopping, are comfortable in deep water, and are ready to refine front crawl technique and rhythmic breathing.

# SWIM LESSONS \*New entry skills for class

## » KANEMOTO ACTIVITY POOL

1151 S. Pratt Pkwy | 303-774-3784

### Friday Mornings

Session 1: Jun 5-26 \$34 res/\$42.50 non-res

Session 2: Jul 10-Aug 7 \$42.50 res/\$53.25 non-res

#### FRIDAY MORNING

30 Min. Classes	Time	Code
Aqua Baby	9:30am	350911
Aqua Tot 1	9:00am	350912
Aqua Tot 2	8:30am	350913

## » SUNSET POOL - OUTDOOR POOL

1900 Longs Peak Ave | 303-774-4700

### Monday through Thursday Mornings

Session 1: Jun 1-11 | Session 2: Jun 15-25

Session 3: Jun 29-Jul 9 | Session 4: Jul 13-23

Session 5: Jul 27-Aug 6

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

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

Aqua Baby fee: \$34 res/\$42.50 non-res

#### MONDAY-THURSDAY MORNING

30 Min. Classes	Time	Code
Aqua Baby	10:10am (M/W or T/Th)	330811
	<b>Time</b>	<b>Code</b>
Aqua Tot 1	9:00am	330812
Aqua Tot 2	9:35am	330813
Starfish*	9:35am 10:45am 11:00am	330820
Turtle*	9:00am 9:35am 10:45am	330821
Alligator*	9:00am 10:10am 11:20am	330822
Seal	9:00am   10:10am	330823
Level 1	10:25am   10:45am	330831
Level 2	9:00am 10:45am 11:00am	330832
Level 3	9:35am	330833
Level 4	10:10am	330834
Beginning Blast*	9:35am 11:15am	330840
Teen 1	11:20am	330851
	<b>Time</b>	<b>Code</b>
45 Min. Classes		
Blast 1*	10:10am	330841
Blast 2	9:35am	330842
Blast 3	10:25am	330843
Teen 2	9:35am	330852

### Monday & Wednesday Evenings

Session 1: Jun 1-24 | Session 4: Aug 10-Sept 2

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

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

Session 2: Jun 29-Jul 15 | Session 3: Jul 20-Aug 3

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

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

#### MON & WED EVENING (SESSIONS 1-3)

30 Min. Classes	Time	Code
Aqua Baby	5:50pm	330211
Aqua Tot 1	5:15pm	330212
Aqua Tot 2	5:50pm	330213
Starfish*	5:50pm 6:25pm	330220
Turtle*	5:15pm 5:50pm 6:25pm	330221
Alligator*	5:15pm 5:50pm 6:25pm 7:00pm	330222
Seal	5:15pm 6:25pm	330223
Level 1	6:25pm 7:00pm	330231
Level 2	5:15pm 7:00pm	330232
Level 3	7:15pm	330233
Level 4	5:15pm	330234
Beginning Blast*	5:50pm 7:00pm	330240
Teen 1	5:50pm	330251
	<b>Time</b>	<b>Code</b>
45 Min. Classes		
Blast 1*	5:15pm 7:00pm	330241
Blast 2	6:05pm	330242
Blast 3	6:55pm	330243
Teen 2	6:25pm	330252

#### MON & WED EVENING (SESSION 4)

30 Min. Classes	Time	Code
Aqua Baby	5:50pm	330211
Aqua Tot 1	5:15pm	330212
Starfish*	5:50pm 6:25pm	330220
Turtle*	5:15pm 6:25pm 7:00pm	330221
Alligator*	5:15pm 5:50pm 7:00pm	330222
Seal	5:15pm 6:25pm	330223
Level 1	5:15pm 6:25pm	330231
Level 2	5:50pm 7:00pm	330232
Level 3	6:25pm	330233
Beginning Blast*	6:25pm 7:00pm	330240
	<b>Time</b>	<b>Code</b>
45 Min. Classes		
Blast 1*	5:15pm	330241
Blast 2	6:05pm	330242
Blast 3	6:55pm	330243
Teen 2	7:00pm	330252

Register for  
Swim Lessons  
beginning Apr  
14, Tue, 6am.  
No lottery.



## Lifeguard Certification

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? Email [swim@longmontcolorado.gov](mailto: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. *“lifeguard”*

<b>15 &amp; up:</b> Apr 24-27, Fri 4-8pm, Sat/Sun/M 8am-6pm	221211
May 26-29, Tue-Fri, 8am-6pm	221211
Jun 8-11   Jun 22-25   Jul 13-16   Aug 3-6	321211
<b>Monday-Thursday, 8am-6pm</b>	

Location: Centennial Pool, 1201 Alpine St

Fee: \$280 resident/\$350 non-resident  
\$70 for future City of Longmont employees

## Junior Lifeguard Class

Not old enough for the Lifeguard class? This is the next best thing! Learn water rescues and surveillance skills all while improving stroke technique and team building! Admission fees for Sunset Pool are included on class days. Open swim starts at 12:30pm.

Pre-requisite: Swim 25 yards front crawl continuously. Must be comfortable in deep water where the student cannot touch the bottom of the pool. *“lifeguard”*

<b>11-14 years:</b> Tues/Wed/Thurs, 10am-1pm	331215
Jun 16-18   Jul 21-23	

Location: Sunset Pool, 1900 Longs Peak Ave

Fee: \$60 resident/\$75 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.

<b>11-16 yrs:</b> May 3, Sun, 9am-2pm	221231
Jun 28, Sun, 9am-2pm	321231
Jul 26, Sun, 9am-2pm	321231

Location: Centennial Pool, 1201 Alpine St

Fee: \$105 resident/\$131.25 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 & back crawl for 25 yards. Must submit job application before the start of class. *“lsi”*

**15 & up:** Jul 28 & 29, Tue & Wed, 8:30am-3pm 331243

Location: Sunset Pool, 1900 Longs Peak Ave

Fee: FREE for future City of Longmont employees

## 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:** 221241  
May 26-29, Tue 1-6:30pm & Wed-Fri 9am-6:30pm

Location: Sunset Pool, 1900 Longs Peak Ave

Fee: \$70 for future City of Longmont employees  
\$315 resident/\$393.75 non-resident

## Swim Instructor Aide

Love to swim and work with youth? Become a Swim Instructor Aide! After successful class completion, year-round volunteer opportunities are available with the City of Longmont!

Pre-Requisite: Ability to front and back float, swim 25 yds front crawl, and comfortable in deep water.

**11-14 yrs:** Jun 9 & 10, Tue & Wed, 9am-12pm 331242

Location: Sunset Pool, 1900 Longs Peak Ave

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

## SPRINGBOARD DIVING LESSONS

### Beginner Springboard Diving *\*No class 6/11, 6/30, or 7/2*

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”*

**Once a Week Classes 5-5:45pm 321324**

**7 & up: Jun 2-Jul 28\*, Tue \$90 res/\$112.50 non-res**

**Jun 4-Jul 30\*, Thurs \$78.75 res/\$98.50 non-res**

Location: Centennial Pool, 1201 Alpine St

**Twice a Week Classes Mon & Wed, 8:10-8:55am 331324**

**7 & up: Jun 1-29 \$101.25 res/\$126.50 non-res**

**Jul 6-29 \$90 res/\$112.50 non-res**

Location: Sunset Pool, 1900 Longs Peak Ave

### Intermediate & Advanced Springboard Diving

Solidify front and back dives with approach and jump, build flexibility and strength, and progress into harder skills like somersaults, inward, reverse, and twisting dives. Pre-requisite: basic front and back fall dives, front dives with approach, back dives from jump, and intro to inward, reverse, and twisting dives. *\*No class 6/11, 6/30, or 7/2.*

**Once a Week Classes 6-7pm 321334**

**7 & up: Jun 2-Jul 28\*, Tue \$120 res/\$168.75 non-res**

**Jun 4-Jul 30\*, Thurs \$105 res/\$141.25 non-res**

Location: Centennial Pool, 1201 Alpine St

**Twice a Week Classes Mon & Wed, 7-8am 331334**

**7 & up: Jun 1- Jun 29 \$135 res/\$168.75 non-res**

**Jul 6-29 \$120 res/\$168.75 non-res**

Location: Sunset Pool, 1900 Longs Peak Ave

» [bit.ly/recreationregistration](https://bit.ly/recreationregistration)  
Click on Activities then

▼ I Want to Find  
Keyword here



### Longmont Masters Swim Schedule

Recommended for adults comfortable swimming 1,000 yards non-stop. *\*No practice 5/23, 5/25, 7/4. \*\*Gate opens 5 minutes prior.*

**18 & up: Mon/Wed/Fri, 6-7am**

**Thru May 29\*:** Centennial Pool, 1201 Alpine St

**Jun 1-Aug 7:** Sunset Pool\*\*, 1900 Longs Peak Ave

**18 & up: Saturday**

**Thru May 16:** 7-8am Centennial Pool, 1201 Alpine St

**May 30-Sept 5:** 8-9am Sunset Pool\*\*, 1900 Longs Peak Ave

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

**Thru May 21:** Longmont Recreation Ctr, 310 Quail Rd

**May 26-Aug 27:** Sunset Pool, 1900 Longs Peak Ave

Fee: Daily Admission

## 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.

### The Centennial Pool Tsunamis

“CARA”

**Dates: Jun 2-Aug 6** *\*No practice Jun 30 or Jul 2*

Location: Centennial Pool, 1201 Alpine St

**6-10 yrs: Tue & Thurs, 5:10-5:55pm 321111**

**9-12 yrs: Tue & Thurs, 5:10-5:55pm 321112**

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

**9-14 yrs: Tue & Thurs, 6-7pm 321113**

**12-18 yrs: Tue & Thurs, 6-7pm 321114**

Fee: \$153 resident/\$191.25 non-resident

### The Sunset Pool Swordfish

“CARA”

**Dates: Jun 1-Aug 5**

Location: Sunset Pool, 1900 Longs Peak Ave

**6-10 yrs: Mon & Wed, 8:15-9am 331111**

**9-12 yrs: Mon & Wed, 8:15-9am 331112**

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

**9-14 yrs: Mon & Wed, 7:10-8:10am 331113**

**12-18 yrs: Mon & Wed, 7:10-8:10am 331114**

Fee: \$170 resident/\$212.50 non-resident





## SKYHAWKS SPORTS CAMPS **How to Register** – register directly with skyhawks online at [skyhawks.com/colorado](http://skyhawks.com/colorado)

Skyhawks sports provides a safe, fun, non-competitive environment to give each child a positive introduction into sports. More camp details, including additional camps not listed here, can be found online at [skyhawks.com/colorado](http://skyhawks.com/colorado).

SuperTots	Ages	Price	Start Date	End Date	Day of Week	Location
SoccerTots	2-4	49-79	6/1/26	6/22/26	Mondays	Rough N Ready Park
SoccerTots	2-4	79	6/4/26	6/25/26	Thursdays	Left Hand Creek Park
HoopsterTots	2-4	49-79	6/5/26	6/26/26	Fridays	Willow Farm Park
BaseballTots	2-4	49-79	7/6/26	7/27/26	Mondays	Rough N Ready Park
BaseballTots	2-4	79	7/9/26	7/30/26	Thursdays	Stephen Day Park
SoccerTots	2-4	49-79	7/10/26	7/31/26	Fridays	Willow Farm Park
Mini Hawk Camp	Ages	Price	Start Date	End Date	Day of Week	Location
Mini-Hawk Camp	4-6	199	6/15/26	6/19/26	Weekdays	Rough N Ready Park
Mini-Hawk Camp	4-6	199	7/20/26	7/24/26	Weekdays	Left Hand Creek Park
Try It!	Ages	Price	Start Date	End Date	Day of Week	Location
Try It! Beginning Golf Camp	5-10	39	6/1/26	6/1/26	Monday	Left Hand Creek Park
Try It! Pickleball Camp	5-10	39	6/2/26	6/2/26	Tuesday	Left Hand Creek Park
Try It! Soft Lacrosse Camp	5-10	39	6/3/26	6/3/26	Wednesday	Left Hand Creek Park
Try It! Flag Rugby Camp	5-10	39	6/4/26	6/4/26	Thursday	Left Hand Creek Park
Try It! Field Hockey Camp	5-10	39	6/5/26	6/5/26	Friday	Left Hand Creek Park
Skyhawks Camps	Ages	Price	Start Date	End Date	Day of Week	Location
Basketball Camp (Outdoor)	5-10	199	6/1/26	6/5/26	Weekdays	Rough N Ready Park
Skyhawks Game On! Camp	5-10	199	6/1/26	6/5/26	Weekdays	Rough N Ready Park
Track and Field Camp	5-10	199	6/8/26	6/12/26	Weekdays	Clark Centennial Park
Tennis Camp	5-10	199	6/15/26	6/19/26	Weekdays	Affolter Park
Baseball Camp	5-10	199	6/22/26	6/26/26	Weekdays	Clark Centennial Park
Pickleball Camp	5-10	199	6/22/26	6/26/26	Weekdays	Clark Centennial Park
Volleyball Camp (Indoor)	5-10	159	6/22/26	6/25/26	Weekdays	Longmont Rec Center
Basketball Camp (Indoor)	5-10	159	6/29/26	7/2/26	Weekdays	Longmont Rec Center
Soft Lacrosse Camp	5-10	159	6/29/26	7/2/26	Weekdays	Willow Farm Park
Cheerleading Camp	5-10	199	7/6/26	7/10/26	Weekdays	Clark Centennial Park
Flag Football Camp	5-10	199	7/6/26	7/10/26	Weekdays	Clark Centennial Park
Tennis Camp	5-10	199	7/6/26	7/10/26	Weekdays	Affolter Park
Beginning Golf Camp	5-10	199	7/13/26	7/17/26	Weekdays	Stephen Day Park
Soccer Camp	5-10	199	7/13/26	7/17/26	Weekdays	Stephen Day Park
Skyhawks Move! Camp	5-10	199	7/20/26	7/24/26	Weekdays	Left Hand Creek Park
Tennis Camp	5-10	199	7/27/26	7/31/26	Weekdays	Affolter Park
Volleyball Camp (Outdoor)	5-10	199	7/27/26	7/31/26	Weekdays	Affolter Park
Skyhawks Next Camp	Ages	Price	Start Date	End Date	Day of Week	Location
Next Soccer Camp	11-14	219	6/8/26	6/12/26	Weekdays	Clark Centennial Park
Next Flag Football Camp	11-14	219	6/15/26	6/19/26	Weekdays	Stephen Day Park
Next Volleyball Camp (Indoor)	11-14	219	7/13/26	7/17/26	Weekdays	Longmont Rec Center
Next Basketball Camp (Indoor)	11-14	219	8/3/26	8/7/26	Weekdays	Longmont Rec Center
STEM & Play Camp	Ages	Price	Start Date	End Date	Day of Week	Location
STEM & Play Volleyball Camp	8-11	289	6/8/26	6/11/26	Weekdays	Longmont Rec Center
STEM & Play Volleyball Camp	11-14	289	6/8/26	6/11/26	Weekdays	Longmont Rec Center
STEM & Play Basketball Camp	8-11	289	7/20/26	7/23/26	Weekdays	Longmont Rec Center
STEM & Play Basketball Camp	11-14	289	7/20/26	7/23/26	Weekdays	Longmont Rec Center



## Preschool Sports

These clinics are indoors and/or outdoors and focus on the basics of the game, listening, sportsmanship, and teamwork. Come prepared for the weather (bring a water bottle and wear sunscreen).

**3-5 yrs: Saturdays May 2-23 | Jun 6-27 | Jul 11-25\* | Aug 1-22**

Basketball:	8:45-9:30am	312116
Soccer:	9:45-10:30am	312121
Tball:	10:45-11:30am	312122
Location:	Longmont Recreation Center, 310 Quail Rd	
Fee:	\$44 resident/\$55 non-resident	
*July Fee:	\$33 resident/\$41.25 non-resident	

## Amazing Athletes

Kids learn the basics of 10 sports, key gross-motor skills, and an introduction to nutrition and muscle terms. *“amazing”*

### Amazing Tots

<b>1.5-2 yrs:</b>	<b>Jun 2-30, Tue, 4:30-5pm</b>	345214
	<b>Jul 1-29, Wed, 4:30-5pm</b>	345214
	<b>*Aug 4-25, Tue, 4:30-5pm</b>	345214

### Amazing Athletes

<b>3-5 yrs:</b>	<b>Jun 2-30, Tue, 5-5:45pm</b>	345214
	<b>Jul 1-29, Wed, 5-5:45pm</b>	345214
	<b>*Aug 4-25, Tue, 5-5:45pm</b>	345214
Instructor:	Amazing Athletes	
Location:	St Vrain Memorial Bldg, 700 Longs Peak Ave	
Fee:	\$75 resident/\$93.75 non-resident	
*August Fee:	\$60 resident/\$75 non-resident	

## CARA Track & Field

CARA Track & Field exposes participants to a variety of track and field events in a recreational atmosphere. Optional meets are along the Front Range on Saturdays. Running events include sprints, mid-distance, distance and possibly hurdles. Field events include both standing and running long jump, softball/baseball throw and shot-put & discus instruction.

<b>Dates:</b>	<b>Jun 9-Jul 18, Tue &amp; Thurs Mornings</b>	
<b>5-10 yrs:</b>	<b>8-9:15am</b>	312263
<b>11-16 yrs:</b>	<b>9:30-11am</b>	312263
<b>Dates:</b>	<b>Jun 9-Jul 18, Tue &amp; Thurs Evenings</b>	
<b>5-16 yrs:</b>	<b>6-7:30pm</b>	312263
Location:	To Be Determined	
Fee:	\$110 resident/\$137.50 non-resident	

## Youth Tball & Coach Pitch Baseball

Learn how to play the great game of baseball. This class teaches how to throw, hit off a tee, run the bases, catch balls, and all the other fun parts of this great sport. The season concludes with a fun scrimmage. Please wear running shoes (no sandals or crocs) and bring a baseball glove and water bottle. *“baseball”*

<b>4-5 yrs:</b>	<b>Jul 7-30, Tue &amp; Thurs, 8:15-9am</b>	312272
Fee:	\$60.50 resident/\$75.75 non-resident	
<b>6-7 yrs:</b>	<b>Jul 7-30, Tue &amp; Thurs, 9:15-10:15am</b>	312282
Fee:	\$87.50 resident/\$109.50 non-resident	
Location:	Rodriguez Field at Clark Centennial Park, 1135 Alpine St	

## 1st & 2nd Grade Basketball League

Includes five Monday evening practices and four Tuesday evening games. First game is July 14. Grade used is for the 2025-2026 school year. Registration fee includes a team shirt and basketball. This program is dependent on volunteer coaches. Please email Sports@LongmontColorado.gov to volunteer.

<b>Dates:</b>	<b>Jul 6-Aug 4, Mon &amp; Tue, 5-7pm</b>	312022
Location:	Longmont Recreation Center, 310 Quail Rd	
Fee:	\$83.25 resident/\$104.75 non-resident	

## Summer Youth Basketball Camp

Teaching ball handling, dribbling, and shooting fundamentals. This camp is a great way to build confidence and ability. All levels are welcome. Bring a water bottle. *“basketball”*

Location:	Longmont Recreation Center, 310 Quail Rd	
<b>Grades 3 &amp; 4:</b>	<b>Jun 6-27, Sat 11am-12pm</b>	312291
<b>Grades 5 &amp; 6:</b>	<b>Jun 6-27, Sat, 12-1pm</b>	
Fee:	\$110 resident/\$137.50 non-resident	
<b>Grades 7 &amp; 8:</b>	<b>Jun 6-27, Sat, 1-2:30pm</b>	312291
Fee:	\$130 resident/\$162.50 non-resident	

## Youth Fencing Lessons

Dedicated to terminology, footwork, games, simple attacks, and blocks. Instruction is simple. Each class is lively and builds on the skills learned in the previous class. All fencing equipment is provided. *“fencing”*

**7-16 yrs:** Jul 15-Aug 19, Wed, 5-6pm 312252  
**Instructor:** Tom Strzalkowski  
**Location:** Longmont Fencing Academy, 800 S Hover St #12  
**Fee:** \$173.25 resident/\$216.75 non-resident

## Fencing and Jedi Camp

Designed for all skill levels. This camp includes an introduction to the history of fencing, footwork, and blade work (parries and ripostes). The program also provides for intermediate and progressive saber fencers. All fencing equipment provided. *“fencing”*

**8-15 yrs:** Jul 27-31, Mon-Fri 312297  
**Jedi Camp: 9am-12pm**  
**Fencing Camp: 1-4pm**  
**Fee:** \$247.50 resident/\$310 non-resident

**Full Day:** Jul 27-31, Mon-Fri, 9am-4pm 312297  
**Fee:** \$413.50 resident/\$517 non-resident

**Instructor:** Fencing Academy of Denver  
**Location:** Longmont Recreation Center, 310 Quail Rd

### Looking for Sport Drop-In Offerings?

See the Longmont Recreation Center and St Vrain Memorial Building on pages 6 & 7.

## YOUTH & ADULT TENNIS LESSONS

A developmental program for beginners to advanced beginner players. Develop tennis skills in a safe and friendly environment.

**Instructor:** Henri Nawrocki *“tennis”*  
**Location:** Quail Tennis Court Complex, 310 Quail Rd

## Youth Tennis Lessons – Ages 5-10

**Summer Sessions:** Jun 1-26 | Jul 6-31

**5-6 yrs:** Mon or Wed, 3:30-4:15pm 312600  
**7-8 yrs:** Mon, Wed, or Fri, 4:15-5pm 312601  
**Fee:** \$66 resident/\$82.50 non-resident

**9-10 yrs:** Mon, Wed, or Fri, 5-6pm 312602  
**Fee:** \$88 resident/ \$110 non-resident

## Junior Tennis – Ages 11-16

**Summer Sessions:** Jun 2-25 | Jul 7-30

**Beginner:** Tue or Thurs, 4-5pm 312603  
**Intermediate:** Tue or Thurs, 5-6pm 312613  
**Fee:** \$88 resident/ \$110 non-resident

## Youth Badminton Lessons

Badminton is a racquet sport played using racquets to hit a shuttlecock across a net. Learn rules, strokes, footwork and strategy. Emphasis is on doubles play (two players per side). *“badminton”*

**11-18 yrs:** Sun, 5:30-6:30pm 312221  
**May 3-24 | Jun 7-28 | Jul 5-26 | Aug 2-23**  
**Location:** St Vrain Memorial Bldg, 700 Longs Peak Ave  
**Fee:** \$38.25 resident/\$48 non-resident

## Youth Triathlon Training

This program is designed to teach kids the basics of triathlons, including swimming, cycling, running, and transitions. Kids must be able to swim 25 yards non-stop unassisted, without needing to grab onto lane lines. Also, must have a safe working bike without training wheels. Helmet, goggles, athletic attire required.

**6-17 yrs:** Jun 1-Jul 29, Mon & Wed, 7-8pm 326412  
**Location:** Longmont Recreation Center, 310 Quail Rd  
**Fee:** \$100 resident/\$125 non-resident



» [bit.ly/recreationregistration](https://bit.ly/recreationregistration)  
Click on Activities then

▼ I Want to Find  
Keyword here



## Adult Tennis – Ages 16 & up

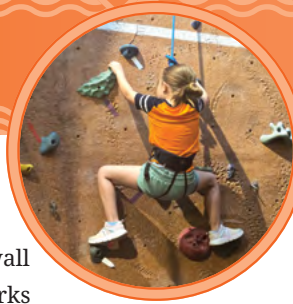
**Session 1:** Jun 1-24 | **Session 2:** Jul 6-29

**Adult Beginner:** Wed, 6-7:30pm 312605  
**Adult Intermediate:** Mon, 6-7:30pm 312615  
**Fee:** \$157.25 resident/\$196.50 non-resident

## CARA Tennis Team

A recreational team tennis opportunity. Participants must have previous tennis experience. Optional Friday matches played along the front range. “cara”

**8-18 yrs:** Jun 1-Jul 24, Mon & Fri, 9-11am 312261  
**Fee:** \$242.50 resident/\$303.25 non-resident



## Youth Climbing Lessons

In this class, kids will:

- Learn how to move on the climbing wall
- Try on a harness and learn how it works
- Play games that make climbing fun
- Build confidence, balance, and teamwork

We provide all the gear. Wear comfy clothes and athletic shoes.  
*“climbing”*

6-9 yrs	<b>Beginner: Thurs or Fri, 10am-11am</b>	317346
	Jun 4-26   Jul 9-31	
6-9 yrs	<b>Beginner: Thurs, 4-5pm or 5-6pm</b>	317346
	Aug 6-27	
6-9 yrs	<b>Intermediate: Thurs or Fri, 11am-12pm</b>	317346
	Jun 4-26   Jul 9-31	
6-9 yrs	<b>Intermediate: Fri, 4-5pm or 5-6pm</b>	317346
	Aug 7-28	
10-13 yrs	<b>All Levels: Wed, 11am-12pm</b>	317346
	Jun 3-24   Jul 8-29	
10-13 yrs	<b>All Levels: Wed, 4-5pm</b>	317346
	Aug 5-26	

Location: Longmont Recreation Center Climbing Wall,  
 310 Quail Rd  
 Fee: \$55 resident/\$69 non-resident

## Now Offering Belay Certifications

The Longmont Recreation Top-Rope Belay Certification is a practical, skills-only assessment – not a class. Candidates must already be proficient Gri-Gri belayers before requesting a test. With this certification, individuals 14 and older can belay others under staff supervision. No appointment needed, check-in with climbing wall staff.

14 & up: During Climbing Wall Open Hours  
 Fee: Regular drop-in admission/pass

## Shotokan Karate

Shotokan karate training boosts physical fitness, confidence, motor skills, flexibility, speed, concentration, discipline, and personal safety. Classes are led by Sensei Chad Callaghan, a 3rd degree black belt. Affiliated with the International Shotokan Karate Federation.  
*“karate”*

7-17 yrs:	<b>Tue &amp; Thurs, 6-7:30pm</b>	345253
18 & up:	<b>Tue &amp; Thurs, 6-7:30pm</b>	345252
	On-going monthly sessions	
Youth Fee:	\$80 resident/\$100 non-resident	
Adult Fee:	\$100 resident/\$125 non-resident	
Instructor:	Sensei Chad Callaghan	
Location:	St Vrain Memorial Bldg, 700 Longs Peak Ave	

## Tae Kwon Do

This is a traditional Chung Do Kwan style of Tae Kwon Do. All sparring is no-contact. Classes consist of basic techniques (kicks, punches, and blocks), forms or katas, no-contact sparring, and other self-defense techniques. \*No class 7/3 & 7/24

7 & up:	<b>Jun 1-Aug 31, M/W/F, 5:45-7:15pm</b>	347250
Instructor:	Jim Goldsmith	
Location:	St Vrain Memorial Bldg, 700 Longs Peak Ave	
Fee:	\$130 resident/\$162.50 non-resident	

## PICKLEBALL LESSONS

The Pickleball craze is sweeping the nation. Pickleball is a combination of badminton, ping pong and tennis and is played with a whiffle ball on a short tennis court. It's fun, social and easy to learn making it one of the nation's fastest growing sports. Come learn the basics of the sport while meeting new friends. Equipment is provided.  
*“pickleball”*

### Youth/Teen Pickleball Lessons

8-11 yrs:	<b>Tue, 5:15-6:15pm</b>	
12-15 yrs:	<b>Tue, 6:30-7:30pm</b>	
Date:	Jun 2-23   Jul 7-28   Aug 4-25	312222

### Adult Pickleball Lessons

16 & up:	<b>Wed, 4:30-5:30pm or 5:30-6:30pm</b>	
	<b>Thurs, 4:30-5:30pm or 5:30-6:30pm</b>	
Dates:	Jun 3-25   Jul 8-30   Aug 5-27	312322
Location:	Hover Pickleball Courts, 1361 Charles St	
Fee:	\$57 resident/\$71.25 non-resident	

### Adult Pickleball Clinics

Clinics are designed for intermediate to advanced level players. Monthly clinics focus on a specific element of the game. The first hour is dedicated to drills and the second to putting the skills learned into practice.  
*“pickleball”*

18 & up:	<b>Mon, 5:30-7:30pm</b>	312392
	<b>Kitchen Play 1: Apr 27-May 18</b>	
	<b>Lobs and Kitchen Play 2: Jun 1-22</b>	
	<b>Approach/No Man's Land Shots: Jul 6-27</b>	
	<b>Serves, Returns, and Building : Aug 3-24</b>	
Location:	Hover Pickleball Courts, 1361 Charles St	
Fee:	\$100 resident/\$125 non-resident	



## ADULT SPORTS LEAGUES

Sport League registration and rules are available online and at the Longmont Recreation Center, 310 Quail Rd. Sign-up as a free agent! Free agents are individuals who don't have a team but want to play in an adult sports league. Free agents are combined to form a team(s).

*\*Split payment Option – Pay half the registration fee when you sign up and the rest of the fee halfway through the season. Split payment option adds \$20 to league pricing. Early Bird Discount – pay early and get a discount, look for before and after dates listed in the description.*

### Did you know?

Any organized sports team practicing at a City facility or athletic field must have a permit. Contact the Sports Office for permits, pricing, and more information at 303-774-3527 or [sports@longmontcolorado.gov](mailto:sports@longmontcolorado.gov).



### Summer & Fall Adult Basketball

Adult Recreational 5v5 basketball leagues are offered in winter, spring, summer, and fall on Thursday nights. End of season tournament included. *“basketball”*

<b>18 &amp; up:</b>	Longmont Recreation Center, 310 Quail Rd
<b>Adult 5v5 Summer Dates:</b>	<b>Jun 18-Aug 27; 8 games</b>
<b>Registration Dates:</b>	<b>Mar 30-Jun 8</b>
Summer Team Fee*:	\$505 before 5/27; \$555 after 5/26
Registration Deadline:	6/8; \$20 late fee begins 6/9
Free Agent Fee:	\$70 resident/\$87.50 non-res 312311
<b>Adult 5v5 Fall Dates:</b>	<b>Sept 10-Nov 12; 8 games</b>
<b>Registration Dates:</b>	<b>Jun 29-Sept 1</b>
Fall Team Fee*:	\$505 before 8/18; \$555 after 8/17
Registration Deadline:	9/1; \$20 late fee begins 9/2
Free Agent Fee:	\$70 resident/\$87.50 non-res 412311



### Summer & Fall Coed Kickball

Adult kickball is wild fun – a sport that athletes of all abilities can play. Play is coed and on Tuesday nights. *“kickball”*

<b>18 &amp; up:</b>	Garden Acres Ballfields, 2058 Spencer St
<b>Summer Dates:</b>	<b>June 2-Aug 4; 8 games</b>
<b>Registration Dates:</b>	<b>Apr 13-May 18</b>
Summer Team Fee*:	\$400 before 5/5; \$450 after 5/4
Registration Deadline:	5/18; \$20 late fee begins 5/19
Free Agent:	\$45 res/\$56.25 non-res 312331
<b>Fall Dates:</b>	<b>Aug 11-Oct 13; 8 games</b>
<b>Registration Dates:</b>	<b>Jun 15-Jul 27</b>
Fall Team Fee*:	\$400 before 7/14; \$450 after 7/13
Registration Deadline:	7/27; \$20 late fee begins 7/28
Free Agent:	\$45 res/\$56.25 non-res 412331

### Summer & Fall Adult Softball

Hey batter, batter! Men's, women's, and coed softball leagues are offered during three seasons at Garden Acres Park. An end-of-season tournament is offered in the summer and fall. *“softball”*

<b>16 &amp; up:</b>	Garden Acres Ballfields, 2058 Spencer St
<b>Summer Dates:</b>	<b>May 6-Jul 31; 10 games</b>
<b>Registration Dates:</b>	<b>Mar 16-Apr 20</b>
Summer Team Fee*:	\$610 before 4/7; \$660 after 4/6
Registration Deadline:	4/20; \$20 late fee begins 4/21
Free Agent:	\$60 res/\$75 non-res 312323
<b>Fall Dates:</b>	<b>Aug 12-Oct 16; 8 games</b>
<b>Registration Dates:</b>	<b>Jun 22-Jul 27</b>
Fall Team Fee*:	\$500 before 7/14; \$550 after 7/13
Registration Deadline:	7/27; \$20 late fee begins 7/28
Free Agent:	\$53 res/\$66.25 non-res 412323

### Looking for Extra \$\$\$? Join Our Team.

Now hiring for umpires, referees, field supervisors and more!  
Contact the Sports Office for more information at 303-774-3527 or [sports@longmontcolorado.gov](mailto:sports@longmontcolorado.gov)

## Summer Outdoor Grass Volleyball

Play is coed, 4v4, and on Monday evenings. Games are participant officiated. Social and competitive division offered. Summer Plus League includes a tournament and team award. *“Volleyball”*

18 & up: Roosevelt Park, 700 Longs Peak Ave

**Summer I Dates:** Jun 1-Jul 6; 6 games

**Registration Dates:** Mar 2-May 18

Smr I Team Fee: \$145 before 5/5; \$175 after 5/4

Registration Deadline: 5/18; \$20 late fee begins 5/19

Free Agent: \$44 res/\$55 non-res 312326

**Summer II Dates:** Jul 13-Aug 17; 6 games

**Registration Dates:** May 18-Jun 29

Smr II Team Fee: \$145 before 6/16; \$175 after 6/15

Registration Deadline: 6/29; \$20 late fee begins 6/30

Free Agent: \$44 res/\$55 non-res 312326

**Summer Plus Dates:** Jun 1-Aug 3; 10 games

**Registration Dates:** Mar 2-May 18

Smr Plus Team Fee: \$265 before 5/5; \$295 after 5/4

Registration Deadline: 5/18; \$20 late fee begins 5/19

Free Agent: \$70 res/\$87.50 non-res 312326

## Fall Indoor Adult Volleyball

Play is 4v4 and on Tuesday evenings. Games are participant officiated. Social and competitive divisions offered. *“volleyball”*

16 & up: Longmont Recreation Center, 310 Quail Rd

**Fall Volleyball Dates:** Sept 15-Oct 20; 6 games

**Registration Dates:** Jul 27-Aug 31

Fall Team Fee: \$145 before 8/18; \$175 after 8/17

Registration Deadline: Aug 31; \$20 late fee begins Sept 1

Free Agent Fee: \$44 res/\$55 non-res 412326

## Fall Adult Flag Football

Down, set, hike! Flag Football returns to Longmont’s athletic line up and will play at the new turf fields at Dry Creek Park. Play is 8v8, on Monday evenings, and designed for casual play with friends.

18 & up: Dry Creek Turf Fields,  
1251 Grandview Meadows

**Fall Dates:** Sept 14-Nov 2; 8 games

**Registration Dates:** Jul 6-Aug 31

Fall Team Fee\*: \$505 before 8/18; \$555 after 8/17

Registration Deadline: 8/31; \$20 late fee begins 9/1

Free Agent: \$70 res/\$87.50 non-res 412331

## SHORT-TERM ATHLETIC FACILITY RENTALS

# HOST YOUR TOURNAMENT IN LONGMONT



### SHORT-TERM RENTALS ARE FOR:

- » One-time tournaments or special events
- » Organizations with less than 3 teams and/or 25 participants
- » Groups requesting less than 6 uses

### READY TO GET STARTED?

Contact us with questions or to request an application. Submit your application early as space is limited.

Longmont Recreation Sports Office  
303-774-3527 | [sports@longmontcolorado.gov](mailto:sports@longmontcolorado.gov)  
[LongmontColorado.gov/fieldrentals](http://LongmontColorado.gov/fieldrentals)



# 2026 CALENDAR *OF* EVENTS & HAPPENINGS

for more information call 303-651-8404  
or visit [LongmontColorado.gov](http://LongmontColorado.gov)

## RECREATION JOB TABLE

Apr 16, Thursday, 4-6pm  
May 5, Tuesday, 4-6pm  
Longmont Recreation Center, 310 Quail Rd

Stop by during our Job Table to talk to supervisors about current job openings, upcoming certification trainings, and the perks of working with Recreation Services.



APRIL 22

## CONNECT LONGMONT 2026

Wednesday, 4-7pm  
Senior Center, 910 Longs Peak Ave

Connect Longmont is a community open house designed to connect residents with the people and projects shaping Longmont in 2026. Free.

# MAY



MAY 2

## STRIDER ROUGH RIDER RACE

Saturday, 9:30am at Willow Farm Park, 901 S Fordham St

Join Longmont Recreation for a race for our tiniest bikers: stride glider "rough riders". Bring your glider; helmet required. For more information, 303-651-8404.

Ages 2-5. \$20 pre-register, no refunds 345445

## HOLIDAY OBSERVATION DATES:

MAY 25 | MEMORIAL DAY

City offices closed. Modified Recreation Facility hours.\*

JUNE 19 | JUNETEENTH

City offices closed. Normal Recreation Facility hours.\*

JULY 3 | INDEPENDENCE DAY OBSERVED

City offices closed. Normal Recreation Facility hours.\*

JULY 4 | INDEPENDENCE DAY

Modified Recreation Facility hours.\*

*\*Trash/Recycle/Compost collection may be adjusted due to holidays.*

MAY 2

## CINCO DE MAYO

Saturday, 10:30am-6pm  
Roosevelt Park, 700 Longs Peak Ave

Enjoy a car show, food, and live music. Also included are free children's activities, a chihuahua dog contest, a break-dancing competition and more! This family-friendly event is zero-waste and alcohol-, tobacco-, and marijuana-free.

[longmontcincodemayo.com](http://longmontcincodemayo.com)

MAY 21

## SUNSET POOL OPENS FOR THE SEASON

Thursday, at Sunset Pool, 1900 Longs Peak Ave | 303-651-8300

» 12:30-5pm First Open Swim of the season, regular admission fees apply.

Be one of the first to enjoy Opening Day at Sunset Pool!  
Lap Swim & Open Swim are both available all day.

### Other Season Opening Dates:

May 28, Thursday, 10am-5pm at Kanemoto Activity Pool, 1151 S Pratt Pkwy  
June 4, Thursday, 10am-4pm at Roosevelt Activity Pool, 903 8th Ave



Pull Out Save



## JUNE



### JUNE 10 PAR TEE PAR TEE

Wednesday, 6-8:30pm  
Ute Creek Golf Course, 2000 Ute Creek Dr

Tee off with us at the annual ParTee concert featuring Ronnie Raygun and The Big Eighties. Food and drinks available for purchase. Bring a blanket and enjoy a summer night with fun for the whole family.

### MAY 29 2026 KICKOFF SUMMER CONCERT

Friday, 5:30-9pm at the intersection of 4th & Kimbark St

School's out and summer is here! Celebrate the season in Downtown Longmont with a free street concert. This family-friendly event features local food and drinks, kids activities, artists and makers, plus live music. Browse booths hosted by the Firehouse Art Center and dance in the street to local favorites — including the return of Face Vocal Band!

More info at [DowntownLongmont.com](http://DowntownLongmont.com) or 303-651-8484.

## JULY

### Independence Weekend

### JULY 3 FREE CONCERT!

Friday | Details at [bit.ly/longmont-july-4](http://bit.ly/longmont-july-4)

Kick off Independence Weekend with a free summer concert! Headliner TBA. Bring friends, grab local food and drinks, and settle in for a night of live music under the stars. It's high energy, very Longmont, and the perfect start to a full holiday celebration. Gates open at 6pm.

### JULY 4 LONGMONT 4TH OF JULY

Saturday | Details at [bit.ly/longmont-july-4](http://bit.ly/longmont-july-4)

Get ready for a spectacular 4th of July celebration! Enjoy a stunning drone display and fireworks show that will light up the night sky. It will be a FREE day of patriotic fun, music, and activities. Bring your family and friends to celebrate America's Independence Day!

**Longmont Symphony Orchestra**  
July 4, Sat, 12-3pm, FREE  
Thompson Park, 420 Bross St

### LONGMONT MUSEUM SUMMER CONCERT SERIES

Thursday, June 25-July 30, 7-8:30 pm, Longmont Museum, 400 Quail Rd

General public seating begins at 6:30. Concerts start promptly at 7pm. Stretch out and enjoy some tunes from up-and-coming local bands and icons of Colorado's music scene in the Museums transformed Stewart Family Courtyard. Lawn chairs and picnics are welcome, kids and families, too! Food and drink available for purchase (no outside alcohol allowed). FREE

- June 25: DOGTAGS (soul & jazz)
- July 2: 2MX2 (Latinx alternative rock)
- July 9: Gora Gora Orkestar (Balkan brass & klezmer)
- July 16: Molly O'Brien & Rich Moore (American roots & bluegrass)
- July 23: Blessing Bled Chimanga (Zimbabwean instrumentalist)
- July 30: Road Pony (country)



### JUNE 18 CELEBRATING JUNETEENTH WITH THE REMINDERS

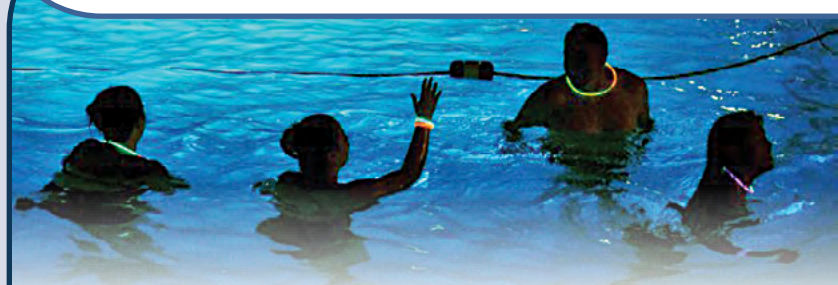
Thursday, 7-8:30pm, at Carr Park, 1301 21st Ave

The Museum takes their summer concerts on the road with a special pop-up concert. A rare and remarkable musical duo with undeniable magical chemistry, The Reminders seamlessly blend razor sharp rhythms and raw, soulful vocals with reggae-tinged hip-hop beats to highlight their inspiring messages. FREE

### JULY 25 GLOW SWIM

Saturday, 7-10pm at Sunset Pool, 1900 Longs Peak Ave

Glow my goodness! Dive into a night of glowing fun with music, games, and neon-lit swimming. Grab your glow sticks, bring your friends, and make a splash at this electrifying summer event. It's going to be lit! Pre-register \$10; \$15 at the event. Event sold out in 2025!



## AUGUST



### END OF SUMMER DOG SWIMS

AUGUST 11  
Tuesday, 4-7pm at Roosevelt Activity Pool, 903 8th Ave

AUGUST 12  
Wednesday, 10am-12pm & 4-7pm at Kanemoto Activity Pool, 1151 S Pratt Pkwy

Bring your socialized, friendly dog to the pool for end-of-summer swimming and fun! No people swimming and thank you for picking up after your pooch! Fee is \$5 per dog paid at the door. First come, first served. Recreation passes are not valid.

### FITNESS IN THE PARKS

Mix up your workout by taking them outside! Join us Fridays this summer at various Longmont parks for free classes. Childcare is not available. Updated class and locations available at [LongmontColorado.gov/fitness](http://LongmontColorado.gov/fitness)

14 & up: Select Fridays, 9am "parks"

June 5: Pilyoga at Kanemoto Park

June 12: Barre at Pratt Park

June 19: Zumba@ at Dickens Nature Area

June 26: Mat Pilates at Lanyon Park

July 10: Pilyoga at Dawson Park

July 17: Zumba@ at Blue Skies Park

July 24: Barre at Collyer Park

July 31: Pilyoga at Roosevelt Park

Aug 7: Zumba@ at Lanyon Park

### PILYOGA AT LANYON PARK

14 & up: 1st and 3rd Sat, 9am  
June 6 & 20; July 4 & 18; Aug 1 & 15

14 & up: 2nd and 4th Tuesday, 6:30pm  
June 9 & 23; July 14 & 28; Aug 11 & 25



# FIND YOUR SPACE & PLACE IN LONGMONT

## Stay Cool This Summer!

Visit the new misting feature at Lanyon Park to stay cool on hot days. May 25-Sept 7  
» Lanyon Park, 1900 Collyer St

Splash pads provide cool relief for young and old alike. May 25-Sept 7  
» Stephen Day Park, 1340 Deerwood Dr  
» Sandstone Ranch Community Park, 3001 Colorado Hwy 119  
» Kensington Park – coming in 2027

Shallow pools that are designed for youth under 8. Fees apply. [LongmontColorado.gov/pools](https://www.longmontcolorado.gov/pools)  
» Kanemoto Activity Pool, May 28-Aug 9 | 1151 S Pratt Pkwy, 303-774-3784  
» Roosevelt Activity Pool, Jun 4-Aug 9 | 903 8th Ave, 303-774-4455

## Explore Something New

Discover the many parks that exist within Longmont. Below are just a few that may be new to you. See a full list of parks at [bit.ly/parkfinder](https://bit.ly/parkfinder).

**Clover Meadows Park, 4850 Heather Hill St**

- » Bike playground
- » Large, fully accessible, playground with sand play

**Fox Meadows Park, 636 Deerwood Drive**

- » Nature discovery area
- » 82-foot-long zipline
- » Separate playgrounds for ages 2-5 and 5-12.

**Kensington Park, 100 E. Longs Peak Ave**

- » Swingset, shade structure, and gathering amphitheater space

**Roosevelt Park, 910 Longs Peak Ave**

- » Opening early summer 2026
- » New playground and fitness area

**Spangler Park,  
200 Mountain View Ave**

- » New shade shelter by the playground





## Check Out a Walking Trail Loop

For a bit of fresh air and exercise, here are some of our favorites:

- » **Roosevelt Park, 700 Longs Peak Ave**  
A loop around Roosevelt Park's interior.
- » **Willow Farm Barn, 901 S Fordham St**  
A loop near the playground and a stream
- » **Fox Meadows, 636 Deerwood Dr**
- » **McIntosh Lake, 1905 Harvard St**  
A variety of access points with a walking loop over 3.1 miles long

## Come to an Open House

Donations are accepted, but not required, to enjoy a bit of history.

- » **Sandstone Ranch Visitors & Learning Center, 3001 Sandstone Dr**  
10am-2pm every Wednesdays, and the 2nd & 4th Saturdays
- » **Callahan House, 312 Terry St**  
Apr 23, Thurs, 5-7pm & July 18, Sat, 10am-1pm
- » **Senior Center, 910 Longs Peak Ave**  
Apr 22, Wed, 4-7pm

Join us at Connect Longmont, a citywide event where you can learn more and ask questions about various projects, programs, and services shaping the city in 2026.

## Listen to Some Music

Nothing says summer like a free outdoor concert. Connect with the many that exist in the area, including the ones advertised in this brochure.

- » **May 29, Fri, 5:30-9pm:**  
2026 Kickoff Summer Concert, 4th & Kimbark St
- » **June 18, Thurs, 7-8:30pm:**  
The Reminders at Carr Park, 1301 21st St
- » **July 3 & 4: Independence Weekend.**  
[Bit.ly/Longmont-july-4](https://bit.ly/Longmont-july-4)
- » **June 25-July 30, Thurs, 7-8:30pm:**  
Museum Summer Concerts, 400 Quail Rd

## Move Your Body

Join Fitness in the Parks to mix up your workouts. Classes are free. Childcare is not available.

- » **Select Fridays, 9am** *See the schedule on the event pages*
- » **1st & 3rd Saturdays, 9am, Jun-Aug:** Lanyon Park
- » **2nd & 4th Tuesdays, 6:30pm, June-Aug:** Lanyon Park

## See How Longmont Continues to Grow

- » Explore the new interactive Public Lands Map at [bit.ly/map-release](https://bit.ly/map-release)
- » Check out upcoming and newly completed Park and Trail developments at [bit.ly/park-dev](https://bit.ly/park-dev)
- » See how you can help events and programs grow by volunteering at [LongmontColorado.gov/volunteer](https://LongmontColorado.gov/volunteer)



## Personal Training

Work with a certified trainer to create a custom workout plan tailored to your goals. Each one-hour session may include strength, cardio, balance, and more. Stay motivated and on track!



Call 303-774-4752 for details.

Session Fees:	Private	Semi-Private
1 session	\$62 res/\$78 nr	\$76 res/\$94 nr
5 sessions	\$275 res/\$344 nr	\$350 res/\$438 nr
10 sessions	\$470 res/\$588 nr	\$620 res/\$775 nr

## SMALL GROUP TRAINING

### Seniors on Weights

This small group class is led by a certified personal trainer. It is tailored for seniors who want to feel more comfortable in the weight room. You'll learn how to use the equipment, how to warm up and cool down the right way to stay safe while doing strength exercises. *"weights"*

<b>55 &amp; up:</b>	<b>Tue &amp; Thurs, 2-3:30pm</b>	
	<b>May 5-28</b>	213303
	<b>Jun 2-25   Jul 7-30   Aug 4-27*</b>	313303
<b>Instructor:</b>	Robert Curtis, CPT	
<b>Location:</b>	St Vrain Memorial Bldg, 700 Long Peak Ave *(Aug 11 & 13) Longmont Recreation Center, 310 Quail Rd	
<b>Fee:</b>	\$140 resident/\$175 non-resident	

### Seniors on Weights II

Take your training to the next level with this class that focuses more on improving your technique. Further increase your strength with a variety of exercises. Pre- Requisite is Seniors on Weights or an evaluation by a trainer to ensure ability. *"weights"*

<b>55 &amp; up:</b>	<b>Wed, 2-3:30pm</b>	
	<b>May 6-27</b>	213304
	<b>Jun 3-24   Jul 8-29   Aug 5-26*</b>	313304
<b>Instructor:</b>	Robert Curtis, CPT	
<b>Location:</b>	St Vrain Memorial Bldg, 700 Long Peak Ave *(Aug 12) Longmont Recreation Center, 310 Quail Rd	
<b>Fee:</b>	\$80 resident/\$100 non-resident	

### Women on Weights

This 5 week small group training program designed to help you get comfortable in the weight room, teach you how to use the equipment, and get the most out of your workout.

<b>16 &amp; up:</b>	<b>Tue, 1:15-2:45pm</b>	<i>"weights"</i>
	<b>Apr 21-May 19</b>	243112
	<b>Jun 16-Jul 14   Aug 4-Sept 8*</b>	343112
	<i>*No class 8/24</i>	
<b>Instructor:</b>	Shantel Wheaton, CPT	
<b>Location:</b>	Longmont Recreation Ctr, 310 Quail Rd	
<b>Fee:</b>	\$90 resident/\$112.50 non-resident	



### Women on Weights II

Take your strength training to the next level with this class. Learn to lift heavier while using a variety of equipment including bench press, smith machine. Pre- Requisite is Women on Weights or an evaluation by a trainer to ensure ability. *"weights"*

<b>16 &amp; up:</b>	<b>Tue, 1:15-2:45pm</b>	343110
	<b>Jul 21   Jul 28</b>	
<b>Instructor:</b>	Shantel Wheaton, CPT	
<b>Location:</b>	Longmont Recreation Ctr, 310 Quail Rd	
<b>Fee:</b>	\$40 resident/\$50 non-resident	

### Body Composition Testing: InBody 570

Go beyond the scale and quickly measure fat mass, muscle mass and body water. Get data on visceral fat and intra/extra cellular water to gain insight into your overall health and wellness. Call 303-774-4752 to schedule. Buy four get fifth free.



<b>Single Session:</b>	\$25 extended pass-holders/ \$30
<b>Location:</b>	Longmont Recreation Center, 310 Quail Rd

### Weight Room Orientations

Learn how to set up and use the equipment in the weight room. Please call 303-774-4752 for a weight room orientation at the St. Vrain Memorial Building.

<b>2nd Wednesday of the month at 7pm</b>	
<b>4th Sunday of the month at 3pm</b>	
<b>Location:</b>	Longmont Recreation Center, 310 Quail Rd
<b>Fee:</b>	Free, pre-registration required.

## DROP-IN FITNESS

### OVER 130 WEEKLY FITNESS CLASSES INCLUDED WITH DROP IN FEE

There is something for everyone—no registration needed.

- » **Cardio:** kickboxing, Zumba®, Nia, step
- » **Strength:** sculpt & tone, bootcamp, cycle & strength
- » **SilverSneakers® Classes:** classic, circuit, yoga, splash, stability, enerchi
- » **Aqua Fitness:** lazy river classes, aqua power, deep water, aqua Zumba®
- » And MUCH MORE!



Get the schedule & class descriptions

No Regular Fitness Classes:  
Mon, May 25 | Sat, July 4



Drop In fitness classes are included with your daily fee or pass at the following locations:

**St Vrain Memorial Building**  
700 Longs Peak Ave  
303-651-8404

**Centennial Pool**  
1201 Alpine St  
303-651-8406

**Longmont Recreation Center**  
310 Quail Rd  
303-774-4800

**Sunset Pool - seasonal**  
1900 Longs Peak Ave  
303-651-8300

**Senior Center - 55 & up**  
910 Longs Peak Ave  
303-651-8411

Visit [www.longmontcolorado.gov/fitness](http://www.longmontcolorado.gov/fitness) or see facility for printouts.

**Join the Party! 4th of July Aqua Zumba®**  
Sat, 10-11:30am at Sunset Pool, 1900 Long Peak Ave. Regular admittance fees apply.



## INSURANCE PROGRAMS

### SILVERSNEAKERS®, RENEW ACTIVE AND ONE PASS™ PROGRAMS:

These programs are available to Medicare members with certain insurance plans. Enjoy general facility use as well as drop in fitness classes.

To check if you're eligible, call 303-774-4752 or visit the Longmont Recreation Center.

#### Facility Orientation

SilverSneakers®, Renew Active, and One Pass™ members can take a free tour of Longmont Recreation facilities and learn about available fitness programs. *“silver”*

First Thursday of the month at 9am

Third Thursday of the month at 2pm

Location: Longmont Recreation Center, 310 Quail Rd

Fee: FREE, pre-registration required.

#### Lunch and Learns

Join staff for different topics each month. Descriptions can be found in the GO catalog and online. Key word *“lunch”*

2nd Tuesday of the month at 12pm

Location: Senior Center, 910 Longs Peak Ave

Fee: Free for SilverSneakers/Renew Active/  
One Pass members



### SilverSneakers® Fitness Class Introduction

Not sure where to start? Or wondering what classes are offered? This short class introduces you to the main SilverSneakers® programs. Learn about the equipment we use and the types of exercises you can expect. You must register to attend. *“silver”*

**18 & up: Thursday, 2pm** 213404 | 313404

**Apr 9 | May 14 | Jun 11 | Jul 9 | Aug 13**

Certified SilverSneakers® Instructor: Kim Nicks

Location: Longmont Recreation Center, 310 Quail Rd

Fee: Free but must register

## SPECIALTY FITNESS OFFERINGS

### Mat Pilates

This is a gentle workout that uses your body weight, light weights, bands, or small balls. It helps build strong core muscles, improve flexibility, and keep your body in good alignment. Good for all fitness levels. Get stronger, more balanced, and more aware of how your body moves.



*“pilates”*

**16 & up:** Mar 4-May 27, Wed, 6-7pm 243126  
Jun 3-Aug 19 343126  
Instructor: Codi Vachon  
Location: Longmont Recreation Ctr, 310 Quail Rd  
Daily Fee: \$12 resident/\$15 non-resident

### Nia Dance Party

Come share in the JOY of moving with us. Great Music and lots of fun. No Experience needed.

*“nia”*

**14 & up:** Fri, 5:45-7pm 213812  
May 8  
Instructor: Jackie and Marty Diner  
Location: Longmont Recreation Ctr, 310 Quail Rd  
Fee: \$10 resident/\$12.50 non-resident

### Sound Bath-Summer Solstice

Relax and recharge at this summer solstice sound bath. Lay down on a yoga mat and get comfortable with a soft bolster and cozy blanket for support. As you rest, the instructor plays crystal singing bowls, koshi chimes, a harmonium, and other beautiful instruments.

**16 & up:** Jun 21, Sun, 7-8pm 313903  
Instructor: Laura Collins  
Location: Lashley St Station, 1200 Lashley St  
Fee: \$25 resident/\$31.25 non-resident

### Prenatal Mat Pilates

Join this 6-week prenatal mat Pilates series designed to support your body and nervous system throughout pregnancy. Led by a Perinatal Pilates Specialist, this class offers expert guidance in core and pelvic floor conditioning using the Pilates method alongside mindful, fascia-focused movement. Fee includes a Pilates ball to take home.

**18 & up:** May 14-Jun 18, Thurs, 12-1pm 243147  
Jul 2-Aug 6, Thurs, 12-1pm 343147  
Instructor: Natalie Steimling  
Location: Izaak Walton Clubhouse, 18 S Sunset  
Fee: \$90 resident/\$112.50 non-resident

### Essentrics with Kim

Increase mobility, flexibility, and range of motion. This class is barefoot and low impact. Get your metabolism going while increasing lymph and blood flow. Feel increased energy while improving posture, balance and strength. A great addition to your fitness goals. Join us!

*“essentrics”*

**16 & up:** Thurs, 9-10am 213922  
Mar 5- May 28  
Instructor: Kim Zimmer  
Location: St Vrain Memorial Bldg, 700 Long Peak Ave  
Daily Fee: \$15 resident/\$18.75 non-resident



### Tai Chi: 37 Posture Yang Short Form

Tai Chi is a mind-body exercise. It utilizes slow, relaxed movement, a quiet mind and deep, natural breathing that stimulates the flow of chi. This class is for people who have some Tai Chi experience.

*“tai chi”*

**18 & up:** Mon, 11am-12pm 243125 | 343125  
Mar 2- May 18 | Jun 1-Aug 31  
Instructor: Barb Larsen  
Location: Izaak Walton Clubhouse, 18 S Sunset  
Daily Fee: \$8 resident/\$10 non-resident

### Qigong for Daily Joy

Learn simple Dragon & Tiger Qigong movements you can use in 10 seconds to 3 minutes throughout your day. This class focuses on relaxation, nervous system balance, and cultivating micro-moments of joy. Accessible to all levels, with optional deeper internal arts themes for returning students

**18 & up:** Jun 1-Jul 6, Mon, 6-7pm 313140  
Instructor: Michiko Stas  
Location: Longmont Recreation Center, 310 Quail Rd  
Fee: \$72 resident/\$90 non-resident



## Improvisational Moving Weekend Retreat

In the Improvisational Moving Weekend Retreat moving can be restful, explorative, dynamic, and anything can happen! Follow your own delight. This retreat is for those with experience in Contemplative Dance Practice/ Deep play forms. Special guest teachers.

**18 & up:** May 9 & 10, Sat & Sun, 1-4:30pm 243194  
**Instructor:** Katharine Kaufman  
**Location:** Lashley St Station, 1200 Lashley St  
**Fee:** \$70 resident/\$87.50 non-resident

## Somatic Movement Class

This Somatic Movement series is for anyone looking to ease tension and pain in their body. This practice reconnects your brain back to the body so it can remember how it is meant to move. \*No Aug 10 *“movement”*

**18 & up:** Mon, 8-9am 343157  
 Jun 1-22 | Jul 6-27 | Aug 3-31\*  
**Instructor:** Jo Keller  
**Location:** St Vrain Memorial Bldg, 700 Longs Peak Ave  
**Daily Fee:** \$15 resident/\$18.75 non-resident

## Summer Wellness Retreat

Experience a perfect summer day dedicated to your personal growth and connection! This retreat at Sandstone Ranch will include a nature walk, yoga and tai chi, arts, journaling, guided meditation, wholesome food, and the company of like-minded women. Led by an experienced yoga teacher and coach. Full description online.

**18 & up:** July 18, Sat, 8:30am-4pm 343198  
**Instructor:** Urszula Bunting  
**Location:** SSR Visitor Center, 3001 Sandstone Dr  
**Fee:** \$125 resident/\$156.25 non-resident

## TRX

### TRX Free Orientation

Join us for a free orientation to familiarize yourself with the TRX straps and prepare to take TRX classes. Must take an orientation, or have taken a TRX class to drop in the ongoing sessions. *“trx”*

**16 & up:** Mon, 10-10:30am 223500 | 223500  
 Apr 13 | May 11 | Jun 8 | Jul 13 | Aug 3  
**Thurs, 11:30am-12pm**  
 Apr 16 | May 14 | Jun 11 | Jul 16 | Aug 6  
**Location:** St Vrain Memorial Bldg, 700 Longs Peak Ave  
**Fee:** Free, but must register

### TRX

TRX is a training system that uses your own body weight and gravity as resistance. While simple to use, exercises are challenging as every movement requires balance and core strength. A great workout or a standalone program for every fitness level. Attend a TRX Orientation before this class. *“trx”*

**16 & up:** Mon & Wed, 9-10am, Jun 1-Aug 31 223512 | 323512  
**Thurs, 12-1pm, Jun 4-Aug 27**  
**Wed, 10:15-11:15am, Jun 3-Aug 31**  
**Tue, 12-1pm, Aug 4-25**  
**Location:** St Vrain Memorial Bldg, 700 Longs Peak Ave  
**16 & up:** Tues, 1:15-2:15pm, Jun 2-Jul 28 323512  
**Location:** Longmont Recreation Center, 310 Quail Rd  
**Daily Fee:** \$8 resident/\$10 non-resident



### TRX Yoga

TRX Yoga is fusion of fitness and yoga, made stronger with the use of TRX® Suspension Trainer™. Putting the straps into practice builds a strong foundation of alignment feedback during poses. Build strength, mobility and core stability. *“trx”*

**16 & up:** Mar 4-May 27, Wed, 12-1pm 223516  
 Jun 3-Aug 26 323516  
**Instructor:** Helene Pronk  
**Location:** St Vrain Memorial Bldg, 700 Longs Peak Ave  
**Fee:** \$8 resident/\$10 non-resident

## ON-GOING YOGA OFFERINGS

Pre-registration is required. April & May classes begin with a “2”. June, July, & August classes begin with a “3”.  
Classes are offered on an on-going weekly basis unless otherwise noted. Custom dates available online.

### Alignment - Gateway to the Heart of Yoga

Gravity, poor posture, and stress can pull us off center and into discomfort. Alignment yoga focuses on spine and joint health. Clear instruction and thoughtful movements can improve posture and well-being. Join us to be guided towards greater strength, flexibility, and balance. *“yoga”*

**16 & up:** **Monday, 12:30-1:45pm** 243117 | 343117  
**Instructor:** Gwyn Cody  
**Location:** Lashley St Station, 1200 Lashley St  
**Daily Fee:** \$15 resident/\$18.75 non-resident

### Prenatal Yoga

This class is for all stages of pregnancy. Enjoy a tailored yoga class to strengthen, stretch, and nourish the pregnant body. Movement will support the changing pregnant body, as well as soothe the common discomforts of pregnancy. *“yoga”*

**16 & up:** **Tuesdays, 5-6:15pm** 243144 | 343144  
**Instructor:** Jessica Fawcett  
**Location:** Izaak Walton Clubhouse, 18 S Sunset  
**Daily Fee:** \$18 resident/\$22.50 non-resident

### Resilient Hatha Yoga

These classes help you learn how to do more challenging yoga poses. The focus is on how your breath can help you move through each pose. You’ll work on understanding your body better and how yoga can help your body feel stronger and more flexible. *“yoga”*

**16 & up:** **Tuesday, 9:15-10:30am** 243152 | 343152  
**Instructor:** Diana Shellenberger  
**Location:** Lashley St Station, 1200 Lashley St  
**Daily Fee:** \$15 resident/\$18.75 non-resident

### Baby and Me Yoga

This class is for mamas/caregivers and babies who are not yet “mobile” and are at least 6 weeks postpartum/6 weeks old. Focus is mainly on postpartum recovery. Includes time at the end of each class for baby movement and massage, as well as a sweet savasana for all. *\*No class in August. “yoga”*

**16 & up:** **Apr-May, Wed, 11:30am-12:30pm** 243146  
**June-July, Wed, 12:30-1:30pm** 343146  
**Instructor:** Jessica Fawcett  
**Location:** Izaak Walton Clubhouse, 18 S Sunset  
**Daily Fee:** \$16 resident/\$20 non-resident



### Yoga Therapy

Explore yoga using principles of breath, sensation and observation. Having a strong foundational posture allows the body and mind to find peace and harmony. This will also promote flexibility and mindfulness. Pranayama and meditation are included with the therapeutic values of this class. Enjoy! *\*No August classes. “yoga”*

**16 & up:** **Thursday, 9-11am** 243142 | 343142  
**Instructor:** Shar Lee  
**Location:** Lashley St Station, 1200 Lashley St  
**Daily Fee:** \$18 resident/\$22.50 non-resident

### Gentle Yoga

This All-level Gentle Vinyasa yoga moves at a moderate pace. Comfort and individual growth will be supported by props and modifications. This is an excellent option to improve balance, posture, strength, and wellbeing. *“yoga”*

**16 & up:** **Friday, 10-11:15am\*** 243133 | 343133  
**Instructor:** Urszula Bunting *\*July time Wed, 8:30-9:30am*  
**Location:** Lashley St Station, 1200 Lashley St  
**\*July Location:** Kanemoto Park, 1151 S Pratt Pkwy  
**Daily Fee:** \$15 resident/\$18.75 non-resident

### Sunday Morning Yoga

Even a little yoga can help you feel better. In this class, you’ll do gentle poses lying down, sitting, and standing with your breath. You’ll build strength and flexibility, reduce pain, and become more aware of your body. This class is for all levels. *“yoga”*

**18 & up:** **Apr 12-May 17, Sun, 9:30-10:30am** 243171  
**Instructor:** Katharine Kaufman  
**Location:** Lashley St Station, 1200 Lashley St  
**Daily Fee:** \$15 resident/\$18.75 non-resident

## SPECIALTY YOGA

### Yoga in the Park- An 8 week workshop

This special 8-week workshop is under shade trees at Thompson Park. Gentle and refreshing lying, sitting, and standing sequences move with breath. You'll sense a difference in flexibility, strength, and sense of ease. Help heal pain, hone awareness. Feel healthy, whole, and good. *\*NO class 7/5*

18 & up: **Jun 7-Aug 2, Sun, 9:30-10:30am** 343171  
 Instructor: Katharine Kaufman  
 Location: Thompson Park  
 Daily Fee: \$15 resident/\$18.75 non-resident

### Energy Healing Meditation

Relax and allow yourself to heal. Care for your mind, body, and spirit with this deeply calming meditation. This peaceful, guided practice gently blends soothing words with healing touch energy to support your overall health and balance.

18 & up: **May 4-18, Mon, 4-5:30pm** 213902  
 Instructor: Zeytah Lucero  
 Location: St Vrain Memorial Bldg, 700 Longs Peak Ave  
 Daily Fee: \$18 resident/\$22.50 non-resident

### Mother's Day Tea and Yoga

Celebrate Mother's Day with a peaceful mini-retreat to relax and recharge. Enjoy gentle Hatha Vinyasa, restorative yoga, breathwork, meditation, and sound healing in a candlelit setting. Savor tea and journaling during a soothing foot soak, unwind in restorative poses, and leave with a gift for continued self-care at home.

16 & up: **May 8, Fri, 5:30-8pm** 243300  
 Instructor: Urszula Bunting  
 Location: Lashley St Station, 1200 Lashley St  
 Fee: \$65 resident/\$81.25 non-resident

### Birth Education Series

Learn information to support pregnancy, labor and birth and the postpartum. Registration for individual days is welcome. See online for more details of each class. *"birth"*

16 & up: **Thurs, 5:30-8:15pm**  
 1st class: Labor Prep: How to Prepare for Labor in Pregnancy  
 2nd class: Stages + Phases of Labor and Labor Comfort Measures  
 3rd class: Planning for the Postpartum + Newborn Care  
**Spring Series: Apr 2, Apr 16, & Apr 30** 243148

### Yoga For Menopause & Beyond

This class is designed to support women during menopause and beyond. You'll learn yoga poses, breathing exercises, and healthy habits to help you feel stronger, more balanced, and full of energy. This series offers simple tools to help you handle changes and feel more confident during this time in your life. *"yoga"*

40 & up: **May 4-Jun 30\*, Mon, 5:30-6:45pm** 343143  
 Instructor: Carla Schnurr *\*No class 5/25.*  
 Location: Izaak Walton Clubhouse, 18 S Sunset  
 Fee: \$200 resident/\$250 non-resident

### Yoga and Meditation After Work

Start from where you are. Gentle Yoga and Sitting Meditation offer a full practice experience of kindly returning to the present moment. Meet challenges and changes with awareness, curiosity, gentleness, and perspective. *"yoga"*

18 & up: **Jun 3 - Jul 22, Wed, 6-7pm** 343196  
 Instructor: Katharine Kaufman  
 Location: Izaak Walton Clubhouse, 18 S Sunset  
 Daily Fee: \$15 resident/\$18.75 non-resident



» [bit.ly/recreationregistration](https://bit.ly/recreationregistration)  
 Click on Activities then

▼ I Want to Find

Keyword here



**Summer Series: Jul 2, Jul 16, & Jul 30** 343148  
 Instructor: Jessica Fawcett  
 Daily Fee: \$120 resident/\$150 non-resident  
 Series Fee: \$295 resident/\$368.75 non-resident



## SCOPE Program

The SCOPE Program helps people with disabilities join fun and safe leisure activities. We want everyone to feel included, confident, and happy while trying new things.

For more information or to get involved with SCOPE, email [RecSupport@longmontcolorado.gov](mailto:RecSupport@longmontcolorado.gov)

### SCOPE: SOFTBALL

All players will be contacted by coaches in mid-May with team game schedule. If this is your first year and you do not have a team please enter "unassigned" in the question box. Registration closes Mon, May 18. *"scope"*

Location: Clark Centennial Park, 1100 Lashley St  
Fee: \$24 resident/\$30 non-resident

#### Softball for All

Beginning level softball program for athletes who want to learn the game and practice play. *\*No practice Jun 29*

8 & up: Jun 1-Jul 27\*, Mon, 6-7pm 349115-A

#### Unified Softball

For athletes who know the fundamentals of the game. Unified Softball League teams have athletes with developmental disabilities and non-disabled players (partners). All players (athletes and partners) MUST register. *\*No practice Jun 29*

8 & up: Jun 1-Jul 27\*, Mon, 7-9pm 349115-U

### SCOPE: Golf

Learn the fundamentals of form, swinging, putting and body positioning. Space limited, register early. *"scope"*

14 & up: Jun 4-Jul 30, Thurs, 5:30-6:30pm 349116

Location: Twin Peaks Golf, 1200 Cornell Dr  
Fee: \$24 resident/\$30 non-resident

### SCOPE: Bocce Ball

Come participate in the third most popular sport in the world! Bocce ball is a laid-back, outdoor social game. The object of the game is to throw your bocce ball closest to the Pallino. This program offers instruction and skill training with the option of competing at Special Olympics. *"scope"*

8 & up: Jun 9-Jul 28, Tue, 6-7pm 349117

Location: Collyer Park, 600 Collyer St  
Fee: \$24 resident/\$30 non-resident



### SCOPE: Arts & Crafts

It's time to get those creative muscles moving! Join SCOPE for a variety of creative expressions! All materials are provided. All abilities are welcome. *"scope"*

8 & up: Jun 24, Wed, 5-6pm 349202  
Jul 22, Wed, 5-6pm 349202  
Aug 19, Wed, 5-6pm 349202

Location: Izaak Walton Clubhouse, 18 S Sunset  
Fee: \$15 resident/\$19 non-resident

### SCOPE: Cooking Class

Join our hands-on cooking class and discover the joy of making delicious food! Get ready to chop, mix, and savor your tasty creations in a fun and interactive environment! *"scope"*

8 & up: Wed, 12-1pm  
Breakfast Buffet: Jun 10 349205  
Quesadillas: Jul 22 349205  
Mix N Match: Aug 12 349205

Location: Lashley St Station, 1200 Lashley St  
Fee: \$20 resident/\$25 non-resident

### SCOPE: Sing for Joy!

Come sing your favorite songs and let the magic of singing with others light up your being from head to toe! Barbara Jo will bring her bells and percussion instruments! *\*Care assistants are required to attend with persons with severe physical or emotional needs. "scope"*

10 & up: Tue, 4-5pm 349516  
Jun 2 | Jun 16 | Jul 14 | Jul 28 | Aug 4 | Aug 18

Instructor: Barbara Jo Kammer  
Location: Izaak Walton Clubhouse, 18 S Sunset  
Daily Fee: \$10 resident/\$12.50 non-resident





## SCOPE: Parties

Join in for a party every month.  
Light snacks provided.

“scope”

**8 & up:** 349520

**Backyard BBQ:** Jun 18, Thurs, 5:30-6:30pm

**Summer Bingo:** Aug 20, Thurs, 5-6pm

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

**Beat the Heat:** Jul 15, Wed, 5-6pm

Location: Izaak Walton, 18 S Sunset

Fee: \$16 resident/\$20 non-resident

## SCOPE: Seed Planting & Picnic

Join us in the garden at Sandstone Ranch. We will do some work in the garden and plant some seeds in pots to take home! Afterwards, we'll enjoy the beautiful views Sandstone provides while we enjoy a packed lunch.

“scope”

**8 & up:** Jun 16, Tue,, 11am-12:30pm 349522

Location: SSR Visitor Center, 3001 Sandstone Dr

Fee: \$12 resident/\$15 non-resident

## SCOPE: Line Dance

Adaptive line dance makes dance for everyone! No prior dance experience required. Inclusive movement for standing or seated participants.

“scope”

**10 & up:** Tues, 4-5pm 349513

Jun 9 | Jul 7 | Aug 11

Instructor: Two Left Boots

Location: Izaak Walton Clubhouse, 18 S Sunset

Daily Fee: \$7 resident/\$9 non-resident



## SCOPE: Community Outing

Join SCOPE for a day out in the community! This program provides the opportunity to develop a variety of important social and life skills, find new hobbies and interests, and have fun connecting with others in a new environment! “scope”

**10 & up:** 349502

**Top Golf:** Jun 16, Tue, 10:30am-1pm

**Denver Zoo:** Jul 13, Mon, 9am-12:30pm

**Tea House & Stroll:** Aug 31, Mon, 1-4pm

Meeting Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

Fee: Varies

## SCOPE: Adaptive Sailing

Join SCOPE and Community Sailing of Colorado for an adaptive sailing evening at Boulder Reservoir! Learn boat handling, fundamental techniques, and water safety, all customized to your needs. Whether steering, adjusting sails, or simply enjoying the water, gain confidence in a supportive environment. Life jackets and equipment provided. “scope”

**10 & up:** Aug 24, Mon, 4:30-7:30pm 349518

Instructor: Community Sailing of Colorado

Location: Boulder Reservoir, 51st St, Boulder

Fee: \$35 resident/\$43.75 non-resident

## CALL FOR VOLUNTEERS & COACHES

Join SCOPE as a Volunteer or Coach!

Are you passionate about making a difference in your community? SCOPE (Supportive, Captivating, & Original Programs & Experiences) is looking for passionate volunteers and dedicated coaches to help create meaningful recreational experiences for people with disabilities.

Whether you have experience in teaching, mentoring, or simply a desire to help, we welcome you to be part of our mission. Your time and dedication can change lives!

» Sign up today and be the difference!

For more information or to get involved, contact Laura Gackstatter, Therapeutic Recreation Coordinator at [RecSupport@longmontcolorado.gov](mailto:RecSupport@longmontcolorado.gov)



## DANCE DIMENSIONS

### Tiny Tutus

This class is a fun way for young students to start dancing. They will learn basic moves, build confidence, and improve coordination and strength. Students should wear ballet shoes and proper dance clothing. *“dance”*

<b>3 yrs:</b>	<b>Jun 19-Jul 17, Fri, 9-9:45am</b>	344500
Fee:	\$85 resident/\$106.25 non-resident	
	<b>Aug 7-28, Fri, 9:45-10:30am</b>	344500
Fee:	\$68 resident/\$85 non-resident	
Location:	Dance Dimensions, 638 Main St	

### Pre-Ballet & Tumbling

This exciting class is a great way for young students to start learning dance. They will focus on basic tumbling, ballet moves, and creative movement. Students should wear ballet shoes and the right dance clothes. *“dance”*

<b>4-5 yrs:</b>	<b>Jun 19-Jul 17, Fri, 9:50-10:35am</b>	344501
Fee:	\$85 resident/\$106.25 non-resident	
	<b>Aug 7-28, Fri, 10:40-11:25am</b>	344501
Fee:	\$68 resident/\$85 non-resident	
Location:	Dance Dimensions, 638 Main St	

### Pre-Ballet & Tap

In this class, students learn the basics of tap and ballet, along with rhythm and coordination. They will need tap shoes, ballet shoes, and the right dance clothing. *“dance”*

<b>4-5 yrs:</b>	<b>Jun 19-Jul 17, Fri, 10:45-11:30am</b>	344502
Location:	Dance Dimensions, 638 Main St	
Fee:	\$85 resident/\$106.25 non-resident	

### Tiny Tots - Dance with Me

This class is a fun introduction to dance for young children who are not ready to be in class on their own. Dancers and caregivers move together while learning creative movement and basic skills. Students build confidence, coordination, and strength. Ballet shoes and proper dance attire are required. *“dance”*

<b>2 yrs:</b>	<b>Aug 7-28, Fri, 9-9:35am</b>	344506
Location:	Dance Dimensions, 638 Main St	
Fee:	\$68 resident/\$85 non-resident	

See more preschool programming on pages 17 & 18.



## CENTENNIAL STATE BALLET

### Teen Musical Theatre Dance

Dance to your favorite musicals while improving technique, building strength, and growing confidence on stage. Learn jazzy steps and storytelling in a fun, supportive space. Whether you're a beginner or have experience, come share your love of dance and theater with us! *“musical”*

<b>13-18 yrs:</b>	<b>Jun 11-Jul 9, Thurs, 5:30-6:30pm</b>	344621
	<b>Jul 16-Aug 13, Thurs, 5:30-6:30pm</b>	344621
Location:	Centennial State Ballet School, 350 Terry St	
Fee:	\$117.50 resident/\$147 non-resident	

### Ballet and Tap Combo

Twirl, leap, and tap your way into a world of rhythm and creativity in this high-energy ballet and tap combo class designed to spark a love for dance in every child! *“dance”*

<b>3-4 yrs:</b>	<b>Jun 11-Jul 9, Thurs, 4:30-5:30pm</b>	344629
	<b>Jul 16-Aug 13, Thurs, 4:30-5:30pm</b>	344629
Location:	Centennial State Ballet School, 350 Terry St	
Fee:	\$117.50 resident/\$147 non-resident	

### Beginning Ballet

Beginning ballet classes prepare students to continue recreationally or enter our Ballet Program. Through imaginative play and dance, students learn the joy of dancing while building basic ballet vocabulary, correct alignment, rhythm, and freedom of movement. *“ballet”*

<b>5-7 yrs:</b>	<b>Wed, 4:30-5:30pm</b>	344655
<b>8-12 yrs:</b>	<b>Wed, 5:30-6:30pm</b>	344655
	<b>Jun 10-Jul 8   Jul 15-Aug 12</b>	
Location:	Centennial State Ballet School, 350 Terry St	
Fee:	\$117.50 resident/\$144.25 non-resident	



## Longmont Cheer & Dance Team

Ready... OK! Kids will love our high-energy TCDC Recreational Cheer Team! This fun program teaches age-appropriate dances, basic tumbling, jumps, and beginner stunts while building confidence, teamwork, and friendships. Practices are held at Athletic Adventures with great equipment. Each session includes a performance. Poms are provided. \*No class 7/2. *“cheer”*

<b>4-8 yrs:</b>	<b>Thurs, 5-5:55pm</b>	344630
<b>8-13 yrs:</b>	<b>Thurs, 6-6:55pm</b>	344630
<b>Jun 4-Jul 16*   Jul 23-Aug 27</b>		
Instructor:	Longmont Cheer and Dance	
Location:	Athletic Adventures, 3773 Monarch St, Frederick	
Fee:	\$105 resident/\$131.25 non-resident	

## Cheer, Dance, Stunting & Tumbling Camp

Join us for a high-energy, fun-filled morning of cheer! Campers will build confidence, friendships, and teamwork while learning new cheer skills, a fun dance, tumbling, and beginner stunts. Parents are invited to a mini performance during the last 10 minutes! *“cheer”*

<b>4-8 yrs:</b>	<b>Jul 27-29, Mon-Wed, 9am-12pm</b>	344631
Instructor:	Longmont Cheer and Dance	
Location:	Athletic Adventures, 3773 Monarch St, Frederick	
Fee:	\$165 resident/\$206.25 non-resident	

## Camp Discovery - New in 2026!!

Camp Discovery is an outdoor nature-based camp that appeals to older kids with a focus on outdoor fun and nature play. Swimming and local field trips are a part of the schedule. Not CCAP Eligible. Enrollment is for the full week. Please note: Before selecting weeks to attend Camp Discovery, the camper must be enrolled in the prerequisite code 346700. *“dc”*

<b>7-11 yrs:</b>	<b>Jun 1-Jul 31, Mon-Fri, 8am-5:30pm</b>	346704
Location:	Willow Farm Park, 901 S Fordham St	
Weekly Fee:	\$280 resident/\$350 non-resident	

» [bit.ly/recreationregistration](https://bit.ly/recreationregistration)  
Click on Activities then

▼ I Want to Find  
Keyword here

## We're Hiring!

The Longmont Summer Day Camp is looking for energetic, enthusiastic staff to join our team this summer! We're hiring Summer Camp Leaders (ages 18+) and a Director for our Expedition Tween Camp (ages 21+). If you love working with kids, enjoy spending your days outdoors, and have a knack for arts and crafts, we'd love to hear from you!  
Apply online at [longmontcolorado.gov/jobs](https://longmontcolorado.gov/jobs) or call Lauren at 303-774-3667 for more information.

## International Folk Dancing

Join us for a fun evening of folk dancing from around the world, including Ukraine, Sweden, and Greece! Each week features a new dance, reviews of past ones, and easy group dances. Enjoy great exercise, friendly people, and a potluck dance party. Beginners welcome! *“dance”*

<b>16 &amp; up:</b>	<b>Mon, 7-8:15pm</b>	344767
	<b>Jun 1-29</b>	\$25 resident/\$41.25 non-resident
	<b>Jul 13-Aug 17</b>	\$30 resident/\$37.50 non-resident
Instructor:	Barb Kelter	
Location:	Izaak Walton Clubhouse, 18 S Sunset	

## Aqua Adventures - Mermaids!

Bring your own mermaid tail and swim at Sunset Pool! Swim and play games wearing your mermaid tail in a Swim Instructor-led class. Swimming pre-requisite: Ability to jump into deep water, tread/float for one minutes, and swim 25 yards. *“mermaid”*

<b>9-15 yrs:</b>	<b>Jul 2-23, Thurs, 11:35am-12:05pm</b>	330577
Location:	Sunset Pool, 1900 Longs Peak Ave	
Fee:	\$36 resident / \$45 non-resident	



## CAMPS

### Chess Wizards Camp

Join Chess Wizards this summer for fun lessons, exciting games, and awesome prizes! Enjoy team games, tournaments, and puzzles. Every participant will get a T-shirt, trophy, and puzzle folder. All materials provided—boost your brain power and turn your vacation into a chess adventure! **“chess”**

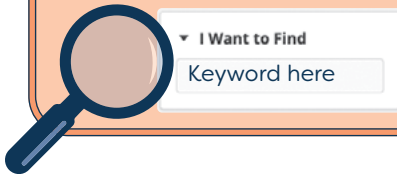
**5-12 yrs:** Jul 13-17, Mon-Fri, 9am-12pm 346113  
**Instructor:** Chess Wizards Inc  
**Location:** St Vrain Memorial Bldg, 700 Longs Peak Ave  
**Fee:** \$295 resident/\$368.75 non-resident

### Sticky Fingers Cooking Camp

Cook Up Some Fun with Us! Our chef instructors guide kids through hands-on cooking as they prep and cook their own recipes. Camps are fun, safe, and help kids feel confident trying new foods. We provide all tools, ingredients, and instruction—just bring your young chef! **“cooking”**

**5-12 yrs:** Jun 1-5, Mon/Wed/Fri, 9am-12pm 346176  
**Jul 27-31, Mon/Wed/Fri, 9am-12pm 346176**  
**Instructor:** Sticky Fingers Cooking  
**Location:** Lashley St Station, 1200 Lashley St  
**Fee:** \$216 resident/\$270 non-resident

» [bit.ly/recreationregistration](https://bit.ly/recreationregistration)  
 Click on Activities then



## PLAY-WELL TEKNOLOGIES CAMPS

Build, craft, design, and create! Come explore the endless possibilities of LEGO® with a trained Play-Well instructor at one of our camps this summer. **“lego”**

**Instructor:** Play-Well Teknologies  
**Location:** Izaak Walton Clubhouse, 18 S Sunset  
**Fee:** \$220 resident/\$275 non-resident

### Minecraft Engineering

Venture into the world of Minecraft in our unique LEGO® experience. Get ready to build your base, craft your tools, use your Minecart to harvest raw resources, and battle to stop the Ender Dragon from ending the world.

**5-11 yrs:** Jun 15-19, Mon-Fri, 9am-12pm 346187

### Pokémon Engineering

Calling all Pokémon Trainers! Get ready for an exciting adventure with our Play-Well instructors. Build and catch your favorite Pokémon, rescue Pikachu from Team Rocket, ride the S.S. Anne to find rare Pokémon, and battle for the title of Pokémon Master. Join us on this journey to catch 'em all!

**5-11 yrs:** Jun 29-Jul 3, Mon-Fri, 9am-12pm 346187

## SNAPOLOGY SUMMER CAMPS

Snapology teaches STEM/STEAM concepts to children through hands-on, interactive play, using LEGO bricks and other fun build tools!

Instructor: Snapology  
Location: Izaak Walton Clubhouse, 18 S Sunset  
Fee: \$250 resident/\$312.50 non-resident



### Amusement Park Adventures

Every child loves amusement park rides—but have they ever thought about how they are built? Students design and build their own rides using LEGO® bricks and power functions. Along the way, they learn basic physics, engineering, and problem-solving skills—all while having fun! *“adventures”*

6-12 yrs: Jul 20-24, Mon-Fri, 9am-12pm 346199

### Animation Studio

Create amazing movies with stop motion animation using LEGO® bricks. Work in teams to produce your very own movie complete with dialogue and sound effects. *“animation”*

6-12 yrs: Jul 27-31, Mon-Fri, 9am-12pm 346199



### DREAMS- End of Summer Arts Camp

Join Mimi and friends for a fun end-of-summer camp where kids bring their ideas to life through creativity and self-expression. We'll move, play, sew, paint, sculpt, and create stories through theatre, dance, mini-movies, comics, and more. Open to all identities and abilities. Scholarships available: [mimi@dandelionartscollective.org](mailto:mimi@dandelionartscollective.org). *“arts”*

6-9 yrs: Aug 10-13, Mon-Thurs, 9am-12pm 346213

Instructor: Dandelion Arts Collective  
Location: Izaak Walton Clubhouse, 18 S Sunset  
Fee: \$200 resident/\$250 non-resident

### Skit Kids Live

Live from Longmont, it's SKL!

In this camp, your kids will transform into skit writers, actors, musicians, and set crew. Campers work together to create a comedic show with fun skits, commercials, and musical acts!

Families receive an edited skit show approx. a week after the last day of camp. *“skit”*

7-13 yrs: Jun 8-12, Mon-Fri, 9am-12pm 346904  
Jul 6-10, Mon-Fri, 9am-12pm 346904

Instructor: Talk to the Camera  
Location: Izaak Walton Clubhouse, 18 S Sunset  
Fee: \$225 resident/\$281.25 non-resident

## TEACH A CLASS & SHARE YOUR PASSION WITH OUR COMMUNITY!

Do you have a love for technology, music, dance, or crafts? Bring your passion to life by teaching a class with us! Not only will you share your knowledge, but you'll also earn extra income while making a positive impact.

### Why Teach With Us?

- » Share your passion with eager learners
- » Enjoy a flexible teaching schedule
- » Engage with people who share similar interests
- » Be part of a supportive community

We are looking for enthusiastic instructors for the upcoming season!

**Get Started Today!** Reach out to Lauren at 303-774-3667 or [Lauren.McNeilly@longmontcolorado.gov](mailto:Lauren.McNeilly@longmontcolorado.gov) for more details and to pitch your class idea.



## ART

### Hand Drumming

Hand drumming is a universal activity that can be enjoyed by everyone regardless of age, origin, talent, or ability. It is all inclusive and unites us with one common thread – The Love of The Beat! Check us out at [letsdrumnow.com](http://letsdrumnow.com). *“drumming”*

**May 9-23 | Jun 13-27 | Jul 11-25 | Aug 8-29** \*No class 8/15

Instructor: Djembe jive LLC Nancy Brauhn Curnes

Location: Lashley St Station, 1200 Lashley St

Fee: \$45 resident/\$56.25 non-resident

### Beginner Hand Drumming

No experience needed; drums and percussion instruments provided.

**9 & up: Sat, 9-10am** 347348

### Advanced Beginner Hand Drumming

This class is for those who have completed Beginning Drumming or have permission from the instructor. Build your skill level and number of learned rhythms.

**9 & up: Sat, 10:15-11:15am** 347335

### Intermediate Hand Drumming

Pre-requisite: Instructor approval.

**9 & up: Sat, 11:30am-12:30pm** 347339

### A Course in Magic

Learn the art of performing magic! Explore the history of magic, stage presentation, and its connections to math, science, and psychology. By the end of the session, students will choose a magic trick to present and work together to put on a magic show. *“magic”*

**7-12yrs: May 28-Jun 25, Thurs, 4-5pm** 347107

**13 & up: May 28-Jun 25, Thurs, 5:30-6:30pm** 347107

Instructor: Mark Kraynork

Location: Izaak Walton Clubhouse, 18 S Sunset

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

### Coil to Thread:

### Building & Weaving a Clay Pot

Explore the connection between clay and natural fiber in this two-day workshop—no experience needed. Day 1: Build a ceramic vessel using the coiling method. Shape, smooth, and create openings for weaving. Pieces are bisque-fired before the next class. Day 2: Learn to weave natural fiber into your vessel. Take home your finished piece. *“clay”*

**12 & up: Jun 6 & Jun 13, Sat, 9am-12pm** 347423

Instructor: Ana Balzan

Location: Ana Balzan LLC, 10 S Gay Dr

Fee: \$40 resident/\$50 non-resident

### Hand-Built Bird Feeder from Clay

This is a fun two-day workshop to create your own clay bird feeder. Using slab-building techniques, shape and decorate your piece with stamps, carving tools, rollers, colored slips, and underglazes. No experience needed—just bring your creativity! Day 1: Cut, shape, decorate, and assemble your feeder. Day 2: Refine details and prepare for firing. *“clay”*

**12 & up: Jul 11-12, Sat & Sun, 9am-12pm** 347424

Instructor: Ana Balzan

Location: Ana Balzan LLC, 10 S Gay Dr

Fee: \$70 resident/\$87.50 non-resident

### Sewing: Bike Bag

Make a small bag you can attach to the handlebar or back of your bike to keep you items secure as you drive around town. *“sew”*

**9 & up: Jul 18, Sat, 9am-12pm** 347431

Instructor: Cathy Georgerian

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

Fee: \$35 resident/\$43.75 non-resident

### Sewing: Patriotic Placemat

Make a Patriotic themed placemat using the quilt as you go method and adding applique stars. *“sew”*

**9 & up: Jun 13, Sat, 1-4pm** 347432

Instructor: Cathy Georgerian

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

Fee: \$35 resident/\$43.75 non-resident



## RESOURCES

### Alive at 25

Alive at 25 is a driver's awareness course designed by the National Safety Council for young drivers. Designed to be an early intervention program, the class helps prevent traffic violations, collisions, and/or fatalities. Registration is through Alive@25 on the website [www.Aliveat25.us](http://www.Aliveat25.us) or at 720-269-4046

**15-24 yrs:** Saturdays, times vary  
**Dates:** May 9 | June 6 | July 11 | Aug 8 | Sept 12  
**Location:** St Vrain Memorial Bldg, 700 Longs Peak Ave  
**Fee:** \$39 driver permit/\$79 court ordered

### Finding Your Ancestors

Explore your family's history in this beginner-friendly class with a professional genealogist. Learn basic research techniques, how to build a family tree, and ways to organize your findings. Discover how DNA testing can reveal connections and heritage. Start your family history journey today! **"ancestors"**

**18 & up:** Jun 8-Jul 13, Mon, 6:30-8:30pm 347119  
**Instructor:** Mark Fearer  
**Location:** St Vrain Memorial Bldg, 700 Longs Peak Ave  
**Fee:** \$75 resident/\$93.75 non-resident

» [bit.ly/recreationregistration](http://bit.ly/recreationregistration)  
Click on Activities then

▼ I Want to Find  
Keyword here



## REAL ESTATE INVESTING

Presented by A Better Way Realty. Instructor Jim Flint, CRS, has 40 years' experience with real estate in five states. A \$20 workbook fee is payable to instructor at class. **"invest"**

**Instructor:** Better Way Realty  
**Location:** St Vrain Memorial Bldg, 700 Longs Peak Ave  
**Fee:** \$30 resident/\$37.50 non-resident  
 + \$20 material fee due to instructor

### Fundamentals of Real Estate Investing

Learn how to buy homes in today's market and take advantage of opportunities like foreclosure sales. Explore bidding strategies, realistic cash flow projections, 1031 and Reverse Exchanges, tax reduction, and investing in cash-flow mini storage. Includes a personal meeting with instructor. **"investing"**

**18 & up:** Jul 21, Tue, 6-9pm 347120

### Managing Your Rental Properties

Taught by Jim Flint, CRS, and Dan Hagstrom. Learn tenant screening, eviction procedures, property maintenance, and Fair Housing Laws. Discuss professional property management and review a lease. **"rental"**

**18 & up:** Jul 23, Thurs, 6-9pm 347122

### Alternative To Real Estate Investing

Explore real estate investing beyond single-family homes and condos! Learn about commercial properties, assisted living homes, partnerships, and more. Create a business plan, understand financing, management, and ROI formulas. Ideal for experienced investors or those looking to diversify. **"investing"**

**18 & up:** Jul 28, Tue, 6-9pm 347121



## OUTDOORS

### Angles Sports: Introduction to Fly Fishing

Learn the basics of fly fishing. Including: Gear, Reading Water, Knot Tying, and Casting. We'll have you prepared to fish the local waters and throughout Colorado. Class is split between time outdoors and classroom instruction. There will be an hour lunch break. All skill levels are welcome. *"fishing"*

**10 & up:** Sat, 8am-3:30pm  
 Jun 13 | Jul 11 | Aug 8 347714  
 Location: Angles Sports, 463 Main St  
 Fee: \$100 resident/\$125 non-resident



## HIKES WITH NATURALIST SUZANNE MICHOT

Join naturalist Suzanne Michot on interpretive hikes around Chautauqua. Wear boots or sturdy shoes and bring water, snacks, and rain gear. No pets, please.

Instructor: Suzanne Michot  
 Location: Chautauqua Dining Hall, 900 Baseline Rd, Boulder  
 Fee: \$20.50 resident/\$25.75 non-resident

### Wildflower Identification Evening Hike

"Just another cute flower? Think again!" Take this fun-filled walk on open space trails to learn flower identification skills. The hike is approximately 2.5 miles. *"hike"*

**18 & up:** May 27, Wed, 5:30-7:30pm 347945

### Summer Sunflowers Hike

Join us for an easy hike on open space trails to practice and learn new flower identification skills. A 3-mile hike with a 400-foot elevation gain. *"hike"*

**18 & up:** Aug 4, Tue, 5:30-7:30pm 347978

### Flatirons Loop History Hike

Enjoy a hike beneath the Flatirons where you will get close to these iconic rocks! Along the 3+ mile loop, discover the area's history, traditions, and geology. *"hike"*

**18 & up:** Jun 9, Tue, 5:30-7:30pm 347943

### Hike to Woods Quarry

Unwind after a busy work day by taking a fun hike to one of the historic Lyons sandstone quarries within the City of Boulder Open Space Mountain Parks. *"hike"*

**18 & up:** Aug 11, Tue, 5:30-7:30pm 347947



## CALLAHAN HOUSE

312 Terry Street | 303-776-5191  
[longmontcolorado.gov/callahan](http://longmontcolorado.gov/callahan)

Callahan House and Garden provides an intimate historic venue for your wedding or special event.

Contact the House Manager at [callahan@longmontcolorado.gov](mailto:callahan@longmontcolorado.gov) to learn more.



### Weddings at Callahan House

A venue with everything you need:

- » Unique elegance and historic charm
- » Blooming gardens with gazebo and picturesque photo backdrops
- » Lighted historic fountain for ceremony backdrop
- » Charming market string lights
- » Dancing under the stars
- » Access to entire House and gardens
- » 2 get-ready spaces
- » Garden tables and chairs for all your guests + all your service tables



**Booking now for 2026, 2027, and 2028!**  
Packages and preferred vendor add-ons are available to make planning easy.



### Spring Open House

Learn about local history at one of Longmont's most treasured historic sites.

**Apr 23, Thurs, 5-7pm** | Free and open to the public.

### Club-A-Fair Summer Open House

Looking for a local club to join? Enjoy music and treats in Callahan Garden while learning about the many services and social clubs Longmont has to offer. Callahan House is open for self-touring during the event. *No reservations required.*

**Jul 18, Sat, 10am-1pm** | Free and open to the public.

» [bit.ly/callahanevents](https://bit.ly/callahanevents)

## PROGRAMS AT THE HISTORIC CALLAHAN HOUSE

### Callahan Art in the Garden Series

Relax in the beautiful Callahan Gardens while making art and sipping on a local beverage.

All supplies, instruction, and 2 drink tokens included.

<b>21 &amp; up:</b>	<b>5:30-8pm</b>	347475
<b>Watercolor Plants</b>	<b>Jun 24, Wed</b>	
<b>Macrame Plant Hanger</b>	<b>Jul 23, Thurs</b>	
<b>Watercolor Summer</b>	<b>Aug 4, Tue</b>	
<b>Instructor:</b>	Ellen Goetgeluck	
<b>Location:</b>	Callahan House, 312 Terry St	
<b>Fee:</b>	\$55 resident/\$68.75 non-resident	





## LONGMONT MUSEUM

400 Quail Road | Longmont CO 80501 | 303-651-8374 | [longmontmuseum.org](http://longmontmuseum.org)

The Longmont Museum's galleries are currently under renovation, but programs continue! During construction, the Museum is only open for programs and does not have general hours.



## Community Concert at Carr Park

CELEBRATING JUNETEENTH with THE REMINDERS

June 18, Thursday, 7 pm Concert

Carr Park, 1301 21st Ave, Longmont, CO 80501

The Museum takes their summer concerts on the road with a special pop-up concert in Carr Park in celebration of Juneteenth featuring The Reminders. A rare and remarkable musical duo with undeniable magical chemistry, The Reminders seamlessly blend razor sharp rhythms and raw, soulful vocals with reggae-tinged hip-hop beats to highlight their inspiring messages.



## Summer Outdoor Concert Series

Join us for the Summer Concert Series in our Stewart Family Courtyard. Stretch out and enjoy some tunes from up and coming local bands and icons of Colorado's music scene as the sun sets over Longs Peak. Lawn chairs and picnics are welcome, kids and families, too! Food and drink available for purchase (No outside alcohol allowed).

June 25-July 30, Thursdays, 7-8:30pm; FREE

## Historic Walking Tours

Take a walking tour of Historic Longmont! Advanced registration required. Keyword search "*historic*"

- May 14, Thursday, 5:30pm, Historic Eastside
- May 15, Friday, 10am, Historic Downtown
- May 29, Friday, 10am, Historic Westside
- June 4, Thursday, 5:30pm, Historic Downtown
- June 10, Wednesday, 5:30pm, Historic Westside
- June 11, Thursday 10am Historic Eastside

And so much more! Visit [longmontmuseum.org](http://longmontmuseum.org) to explore even more programs happening this season at the Longmont Museum.

## KIDS PROGRAMS

### Discovery Days

Discovery Days is a program for kids ages 2 to 6 and their parents or caregivers that encourages learning through fun, hands-on activities like art, music, and movement. Come to any session that works for you—no need to sign up.

2-6 yrs: Through May 9, Tues/Wed/Thurs/Fri/Sat

Session 1: 9:15am

Session 2: 10:45am

Session 3: 1pm

Location: Longmont Museum, 400 Quail Rd

Fee: \$2.75 per person non-members

\$2.50 Museum members



### Summer Camp

Summer Camp at the Museum means discovering art, history, science, culture, and your creative self! Half day and full day options are available in June and July for kids ages 5 to 13.

- Local History
- Music & Dance
- Sewing & Fashion
- And More!
- Arts & Crafts
- STEM
- Outdoor Exploration

Scholarships and teen volunteer opportunities are available!

### Summer Kids Film Series

From Disney classics to recent blockbusters, enjoy a Tuesday morning movie with your little ones in our Stewart Auditorium with popcorn! Buy tickets ahead at [longmontmuseum.org](http://longmontmuseum.org); these movies sell out!

June 2-July 14, Tuesdays, 10am

Fee: \$3 movie only, \$6 movie + a popcorn and juice box, free for babies age 1 and under



## SENIOR SERVICES 910 Longs Peak Ave | 303-651-8411

Offering recreation, informational programs, resource guidance, and services for those 55 years plus and their family caregivers.

Office Hours: Monday-Thursday: 8 am-8 pm  
Friday: 8 am-5 pm | Saturday: 8 am-Noon  
Closed: May 25, June 19, July 3, July 4,  
Maintenance closure: July 18-Aug 3

email: [senior@LongmontColorado.gov](mailto:senior@LongmontColorado.gov)  
[LongmontColorado.gov/senior-services](http://LongmontColorado.gov/senior-services)

The GO Magazine comes out every quarter with upcoming programs. Find out about art, fitness, and education classes, lectures, and a variety of drop-in groups. Each GO includes details on special events, trips, senior resources, and supportive services. A separate brochure provides details on all supportive services.

## RESOURCES AND SUPPORTIVE SERVICES

Senior Services Division staff provides information and referral to older adults and caregivers of older persons regarding a wide array of resources and services including; housing, in home services, financial support programs, and many others.

Professional counseling staff and peer support volunteers provide one on one and group support.

Resource staff: **Veronica Garcia** at 303-651-8716 or  
**Amy Payan** at 303-774-4372  
**Melissa Losino** at 303-651-8654

Counseling staff: **Brandy Queen** at 303-651-8414  
**Kayleigh Schernbeck** at 303-774-4497

## COME GET TO KNOW US

### Get Acquainted

Get acquainted with others who are new to the Senior Center or new to the area. Join us to learn more about various programs, opportunities, and resources at the Senior Center. Facilitated by Senior Services staff. *“meet”*

<b>55 &amp; up:</b>	<b>Apr 22, Wed, 5-6:30pm</b>	283800
	<b>July 8, Wed, 5-6:30pm</b>	383800
Fee:	Free, please register in advance	



Specific support activities are detailed in the quarterly GO catalog and often include programs such as **Advanced Directives** and **Medicare Basics**. Support groups for **Adjust to Life's Changes**, **Grief**, and **Caregivers** are also offered.

### Get the Scoop

Come see old and meet new acquaintances while we learn about all the fun and exciting trips we've got planned for the upcoming season. We'll discuss the lottery process along with details for each outing to help you decide what trips you would like to register for during the open enrollment period.

<b>55 &amp; up:</b>	<b>Apr 14, Tues, 3-4:30pm</b>	281399
	<b>Aug 13, Thurs, 3-4:30pm</b>	381399
Fee:	Free, please register in advance	



## GOLF LONGMONT [www.golflongmont.com](http://www.golflongmont.com)

*Three Great Municipal Courses,  
One Extraordinary Experience*

- » Sunset Golf Course
- » Twin Peaks Golf Course
- » Ute Creek Golf Course

**Players Cards offering discounts on rounds of golf are now on sale.**  
Purchase at the golf course club house.



Sunset Golf Course  
303-651-8466  
1900 Longs Peak Ave



Twin Peaks Golf Course  
303-651-8401  
1200 Cornell Drive



Ute Creek Golf Course  
303-774-4342  
2000 Ute Creek Drive

### Visit [GolfLongmont.com](http://GolfLongmont.com)

- » Book Tee Times
- » Golf Instruction
- » Association, Leagues & Tournaments

### Associations, Leagues and Tournaments!

All courses have very active Men's and Women's Golf Associations and golf leagues that are always looking for members including Sunset which hosts a 55+ golf association. Join today at your course of choice. For more information call course for details.

**Golf Instruction** Please check with the golf course of choice at [www.golflongmont.com](http://www.golflongmont.com) for information on lessons and instruction.

### Your Favorite Golf Deal

Golf Longmont Player's Cards are available to purchase at the Pro Shop of your choice. Passes are valid through December 31, 2026, and make a great gift idea. Some restrictions apply.

## JUNIOR GOLF PROGRAMS

Drop-in group lessons geared to introduce youth to golf. Equipment use is available.

### Junior Golf

**First Step: 5-10 yrs: Jun 1-Aug 10, Mon, 10-11:30am**  
Beginner skills are taught with an emphasis on having fun and being safe.

Location: Twin Peaks Golf Course, 1200 Cornell Dr

**Next Step: 10-18 yrs: May 26-Aug 11, Tue, 10-11:30am**  
Golf fundamentals and golf etiquette are emphasized.

Location: Ute Creek Golf Course, 2000 Ute Creek Dr  
Details available at [golflongmont.com/junior-golf](http://golflongmont.com/junior-golf)  
Daily Fee: \$20 cash. Drop-in. No registration needed.



## SAVE ON INTERNET. SPLURGE ON SWIM LESSONS.

With NextLight's honest pricing and no surprise rate increases, your family can save on internet and focus more on what matters, like summer fun.

**Switch to NextLight Today!**

(303) 774-4494  
[mynextlight.com](http://mynextlight.com)



## FIRING RANGE AND TRAINING CENTER

10916 County Rd 5 | 303-774-4587 on Sat & Sun, otherwise leave a message  
RangeSupport@LongmontColorado.gov | [LongmontColorado.gov/firingrange](http://LongmontColorado.gov/firingrange)

### Range Members hours of use:

Friday: 6-9pm\* (for special events only)

Saturday: Open Shooting 8am-2pm | Classes 2-7pm\*

Sunday: Open Shooting 8am-2pm | Classes 2-7pm\*

\*check calendar at [bit.ly/longmont-range-membership](http://bit.ly/longmont-range-membership) for more information

Longmont Department of Public Safety  
&  
Boulder County Sheriff's Office

## Firing Range and Training Center



The Longmont Public Safety and Boulder County Sheriff's Office Range is a training and shooting facility. Law enforcement uses it during the week, and members of the public can use it on certain weekend hours with a membership. The range has ten 25-yard shooting stations, each with a target system you control.



City of Longmont employees, Boulder County Sheriff's Office employees, and retired law enforcement or military members get 20% off all membership plans (except A La Carte).

To become a member, you must complete a \$100 non-refundable background check and a range orientation class. After that, you can choose one of six shooting plans. Members can also reserve a shooting lane and time. To start your application, visit [LongmontColorado.gov/firingrange](http://LongmontColorado.gov/firingrange).

## FIRING RANGE MEMBERSHIP PLANS

<b>Premier</b>	<b>\$500/year</b>
Includes unlimited - 1 hr visits + unlimited paid guest visits	
<b>Plan A: Expert</b>	<b>\$400/year</b>
Includes 50 - 1 hr visits + unlimited paid guest visits	
<b>Plan B: Sharpshooter</b>	<b>\$350/year</b>
Includes 35 - 1 hr visits + unlimited paid guest visits	
<b>Plan C: Marksman</b>	<b>\$250/year</b>
Includes 25 - 1 hr visits + unlimited paid guest visits	
<b>Occasional Shooter \$</b>	<b>200/year</b>
Includes 12 - 1 hr visits + unlimited paid guest visits	
<b>A La Carte</b>	<b>\$20/per hour</b>
Unlimited number of visits + unlimited paid guest visits	
\$35 annual renewal fee for A La Carte plan	

## CLASSES AT THE FIRING RANGE

All courses presented by professional instructors from the Longmont Department of Public Safety. For classes, bring own handgun, up to 100 rounds of ammunition, dual hearing protection and eye protection.

The range also provides a Ladies only firearms training class, a coed firearms training class, and a bowling pin challenge. Contact [rangesupport@longmontcolorado.gov](mailto:rangesupport@longmontcolorado.gov) for more information.

### Basic Handgun and Concealed Carry

Are you a first time handgun owner or interested in getting training to apply for your concealed carry license? Learn how to safely store, carry, and shoot your handgun. This co-ed course is appropriate for all level of shooters. Gain valuable knowledge and skills of the shooting sport, fundamentals of marksmanship, reloads, and clearing malfunctions. This course exceeds new 2025 state standards for concealed carry permit (CCW) requirements HB24-1174, beginning July 7. CCW permits must be obtained in the county in which you reside.

<b>18 &amp; up:</b>	<b>Saturday, 8am-5pm</b>	
	<b>Apr 18, May 16</b>	299201
	<b>Jun 20, Jul 18, Aug 15</b>	399201
Fee:	\$130	

### Private Instruction

Individual instruction is available from our professional, certified instructors from the Longmont Department of Public Safety. Contact [rangesupport@longmontcolorado.gov](mailto:rangesupport@longmontcolorado.gov) to schedule or for more information.

Fee: \$55 per hour

### CCW Refresher

Starting in July 2025, the State of Colorado requires training prior to renewing your Concealed Carry Weapon (CCW) permit. This course complies with HB24-1174. Class includes instruction on changes to laws related to firearms and requires a passing score on a live-fire exercise and written exam.

<b>18 &amp; up:</b>	<b>Sunday, 9am-1pm or Friday, 6-9pm</b>	
	<b>May 10, May 15</b>	299202
	<b>Jun 14, Jun 19, Jul 12, Jul 17, Aug 9, Aug 14</b>	399202
Fee:	\$80	

### Bowling Pin Shooting – Practice & Challenge

Want to hone your shooting skills and have fun at the same time? Time to challenge yourself? Try Bowling Pin Shooting! We offer practice time and competition. You race to knock standard bowling pins down from wooden stands in the shortest time. It is an easy way to get introduced into the world of competitive shooting.

<b>18 &amp; up:</b>	<b>Saturday, 4-6pm</b>	
	<b>May 9, Jun 13, Jul 11, Aug 8</b>	
Fee:	\$25 paid at the door	

## BIRTHDAY PARTY PACKAGES

### Longmont Recreation Center, 310 Quail Rd

Enjoy exclusive use of one of our party rooms or poolside party space for your child's next birthday.

Fee includes entry for up to 10 people with use of facility before/after. Group rate admission required for parties over 10 people. Stop by or call 303-774-4800 for available days/times.

**Large Party Room:** Space for up to 20  
100 first hour/\$70 each additional hr.

**Poolside Party Space:** Pool deck space reserved for your party.  
Seating for 12 and space for 30  
\$100 first hour/\$70 each additional hour

**Small Party Room:** Space for up to 10  
\$80 first hour/\$45 each additional hour

**Add-On Options:** Requires party package above. Day/time limitations apply.

» **Climbing Wall Add-On:** A dedicated wall attendant focused on your party guests | \$35/hour per 10 guests

» **Gym Court Add-On:** Dedicated use of a single court, includes volleyball set up as desired | \$70/hour



### St Vrain Memorial Building, 700 Longs Peak Ave

#### Itty Bitty City Gym Rental

Reserve exclusive time with our Itty Bitty City toys! Spend the whole time with the toys, or plan in some table time in the gym. This rental is great for DIY celebrations. Price listed is for up to 12 children. \$250/2 hours & up

## PRESCHEDULED GROUPS

Groups of 10 or more should schedule in advance to receive a discounted entry rate. Reservations can be made up to 6 months ahead. At the Longmont Recreation Center, please note which areas your group plans to use. Unscheduled groups may be turned away during busy times or when staffing is limited.

To schedule, include your name, desired date/time/location, and group size. Use the subject line "Prescheduled Group" and email:

- Gym/Climbing Wall: RecSupport@longmontcolorado.gov

- Pool: swim@longmontcolorado.gov



## FACILITY RENTALS

More detailed information about facility rentals, including any additional admission fee requirements or day/time limits, are available online at [bit.ly/longmont-rentals](http://bit.ly/longmont-rentals).

### St Vrain Memorial Building 700 Longs Peak Ave | 303-651-8404

Meeting Rooms	\$25/hr & up
Gymnasium Rental:	\$70/hr
After Hours Rentals:	\$120/hr & up
Itty Bitty Gym Rental:	\$250/2 hrs & up

### Longmont Recreation Center 310 Quail Rd | 303-774-4800

Meeting Rooms:	\$35/hr & up
Gym-Single Court:	\$110/hr
After-hours Full Gym:	\$250/hr
After-hours All-facility:	\$450/hr & up
After-hours Lap Pool:	\$110/hr-\$195/hr
After-hours Leisure Pool:	\$160hr-\$250/hr
After-hours Both Pools:	\$210/hr-\$300/hr

### Centennial Pool

1201 Alpine St | 303-651-8406

Contact Swim@LongmontColorado.gov.

#### After Hours Pool Options:

Up to 20 people:	\$110/hr
21 + people:	\$150/hr

### Sunset Pool

1900 Longs Peak Ave | 303-651-8300

#### Open Swim Rental Options

Indoor Party Room:	\$120/2 hrs
Brown Shelter by Pool:	\$120/2 hrs
Tent Shelters:	\$80/3 hrs

#### After Hours Rentals:

Up to 50 people:	\$210/hr
51-100 people:	\$275/hr
101 + people:	\$350/hr
<i>2 hour minimum</i>	

### Roosevelt Activity Pool

903 8th Ave | 303-774-4455

### Kanemoto Activity Pool

1151 S Pratt Pkwy | 303-774-3784

#### Open Swim Rental Option

Shade Tent:	\$30/2 hrs
<b>After Hours Rentals</b>	
Up to 20 people:	\$120/hr
21-50 people:	\$150/hr

The City of Longmont and Longmont Recreation Services have a number of facilities that are available to rent for a meeting or special event. Fees listed are for Longmont residents, non-resident rate slightly higher.

Cancellations with two weeks notice or less are subject to loss of deposit and/or loss of a percentage of fees paid. Please be aware that special permits are required if you are holding a large event, charging admission or serving or selling alcohol, regardless of date.

## LONGMONT RECREATION SERVICES

All Recreation Services facilities offer during-hours and after-hours rentals. [bit.ly/longmont-rentals](https://bit.ly/longmont-rentals)

### Centennial Pool

1201 Alpine St | 303-651-8406  
Multipurpose Room, Pool Rental



### St Vrain Memorial Building

700 Longs Peak Ave | 303-651-8404  
Meeting/Party Rooms, Gymnasium

### Longmont Recreation Center

310 Quail Rd | 303-774-4800  
Meeting/Party Rooms  
Gymnasium | Pool Rentals



### Historic Callahan House

312 Terry St | 303-776-5191  
Capacity In-house event: 75  
Sit-down meals: 36-48  
House and garden: 125

Weddings & Receptions, Parties,  
Meetings, Retreats. Cost varies;  
deposit required.

[LongmontColorado.gov/Callahan](https://LongmontColorado.gov/Callahan)

### Park Shelters

Apr 10-Oct 11: \$50-\$75 res day/\$63-\$94 nr  
Closed for season; re-open April 10.  
Shelters without a key deposit are  
welcome to be used during winter  
months: please reserve if event is  
more than 2 hours. Reserve a shelter  
up to one year in advance:  
call 303-651-8404 or online at  
[LongmontColorado.gov/park-shelters](https://LongmontColorado.gov/park-shelters)  
For info on parks: [bit.ly/parkfinder](https://bit.ly/parkfinder)

### Izaak Walton Clubhouse

18 S Sunset St | 303-651-8404  
Capacity: 95 people with tables & chairs  
Cost is \$85/hr Fri, Sat, and Sun.  
Limited availability M-Th; call for details.  
\$200 deposit required.  
Visit [bit.ly/Izaak-Walton-2](https://bit.ly/Izaak-Walton-2) for  
Resilient St Vrain construction updates.

### Willow Farm Barn

901 S Fordham St | 303-651-8404  
Enclosed unheated shelter with six  
picnic tables adjacent to playground.  
Mid-April to mid-Oct. Deposit required.  
\$125/4-hr time block;  
\$100/ M-F, 6-9pm, May 26-Jul 31

### Lashley St Station

1200 Lashley St | 303-651-8443  
Meeting/party rooms, capacity 35-50.  
\$70/hr. Kitchenette, whiteboard,  
tables and chairs. Weekend availability.  
\$200 deposit & bldg supervisor required.

### Sunset Pool - Seasonal

1900 Longs Peak Ave | 303-774-3510  
Indoor Meeting/Party Room  
Outdoor pool and shade shelters

### Roosevelt Pavilion - Seasonal

725 8th Ave | 303-774-3510  
Limited availability: \$35-\$50/hr.

### Athletic Fields - Seasonal

Long & short term | 303-774-3527

### Commercial Use of Parks

Looking to host classes or  
camps at public parks?  
Reservations Required | 303-651-8443

### Sandstone Ranch Visitors & Learning Center

3001 Sandstone Dr | 303-651-8443  
Small venue for weddings, anniversaries,  
meetings, retreats and other events.  
[LongmontColorado.gov/SandstoneEvents](https://LongmontColorado.gov/SandstoneEvents)

### Golf Course Rental Facilities

» [GolfLongmont.com](https://GolfLongmont.com)

**Sunset | 1900 Longs Peak Ave | rental number 303-651-8466**  
Meeting Room (off season), outdoor options for parties and weddings.  
Large trees, beautiful views. Onsite catering. Full bar onsite.

**Twin Peaks | 1200 Cornell Dr | rental number 303-651-8401**  
Meeting room (year-round), outdoor covered/uncovered patio.  
Indoor/outdoor options for parties & weddings. Full bar onsite.

**Ute Creek | 2000 Ute Creek Dr | rental number 303-877-4678**  
Meeting room (off season), covered outdoor patio and pavilion perfect for  
parties and weddings. Stunning Views. On and off-site catering. Full bar onsite

### Longmont Museum

400 Quail Road | 303-651-8374  
Multiple spaces from 50-person  
classroom to 250-seat auditorium.  
Renovated outdoor courtyard with stage;  
great for weddings!  
[longmontmuseum.org](https://longmontmuseum.org)

### Senior Center

910 Long Peak Ave | 303-774-4714  
Nights and Weekends Only.  
Multiple spaces available.  
[LongmontColorado.gov/senior-services](https://LongmontColorado.gov/senior-services)

### Longmont Public Library

409 4th Ave | 303-651-8795  
Conference room capacity: 20  
Meeting Room A/B capacity: 100  
[bit.ly/LibBookAReservation](https://bit.ly/LibBookAReservation)

### Fire Station Community Rooms

Non-Profit groups only. Contact  
Longmont Fire Admin at 303-651-8437 or  
[bit.ly/LongmontFireCommunityRooms](https://bit.ly/LongmontFireCommunityRooms)

### NOT SURE WHERE TO START?

For assistance finding space for your  
special event please contact  
[facility.rentals@longmontcolorado.gov](mailto:facility.rentals@longmontcolorado.gov)  
with your particulars or call our event  
planning hotline 303-651-8443.

**Longmont Recreation**  
City of Longmont  
700 Longs Peak Ave  
Longmont, CO 80501

PRSR STD  
US POSTAGE  
PAID  
LONGMONT, CO  
PERMIT NO. 19

POSTAL PATRON

# ONE THAT'S LOCAL.

Locally grown and nationally known, FNBO is a committed force for positive change in our communities and the lives of our customers.



[fnbo.com/colorado](https://fnbo.com/colorado)

Member FDIC

