

SWIM LESSONS

» SWIM LESSONS AT CENTENNIAL POOL

1201 Alpine St | 303-774-4700

Monday & Wednesday Evenings

Session 1: Sept 9-30

30 min fee: \$59.50 res/\$74.50 non-res

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

Session 2: Oct 5-21

Session 3: Oct 26-Nov 11

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

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

30 Minute Classes	Time	Code
Starfish	5:20pm 5:55pm	420120
Turtle	4:10pm 6:00pm	420121
Alligator	4:45pm 5:25pm	420122
Seal	5:50pm	420123
Level 1	4:45pm	420131
Level 2	4:10pm 5:55pm	420132
Level 3	5:20pm	420133
Beginning Blast	4:50pm	420140
45 Minute Classes	Time	Code
Blast 1	4:00pm	420141
Blast 2	4:10pm	420142
Blast 3	5:00pm	420143

Session 4: Nov 16-Dec 16* *No 11/23 & 11/25

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

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

30 Minute Classes	Time	Code
Starfish	6:00pm	420120
Turtle	4:10pm	420121
Alligator	5:25pm	420122
Seal	5:50pm	420123
Level 1	4:45pm	420131
Level 2	5:55pm	420132
Level 3	5:20pm	420133
Beginning Blast	4:50pm	420140
45 Minute Classes	Time	Code
Blast 1	4:00pm	420141
Blast 2	4:10pm	420142
Blast 3	5:00pm	420143

Register for Swim Lessons

beginning Aug 11, Tue, 6am. No lottery.

Saturday Mornings

Session 1: Sept 12-Oct 24

Session 2: Oct 31-Dec 19* *No class 11/28

30 min fee: \$59.50 res/\$74.50 non-res

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

30 Minute Classes	Time	Code
Starfish	10:05am	420620
Turtle	9:30am 11:15am	420621
Alligator	9:30am 10:40am	420622
Seal	10:55am	420623
Level 1	10:05am	420631
Level 2	10:40am 11:15am	420632
Level 3	9:30am	420633
Beginning Blast	11:30am	420640
45 Minute Classes	Time	Code
Blast 1	10:05am	420641



Tuesday & Thursday Mornings

Session 1: Sept 8-17

30 min fee: \$34 res/\$42.50 non-res

30 Minute Classes	Time	Code
Aqua Baby	9:00am	420211
Aqua Tot 1	9:35am	420212
Aqua Tot 2	10:10am	420213
Starfish	9:00am	420220
Turtle	9:35am	420221
Alligator	10:10am	420222
Seal	10:45am	420223

Check out the Longmont Recreation Center for the rest of the
Fall Tue & Thurs Lessons Sessions

» SWIM LESSONS AT LONGMONT RECREATION CENTER

310 Quail Rd | 303-774-4700

Register for Swim Lessons

beginning Aug 11,
Tue, 6am. No lottery.

Sunday Mornings

Session 1: Sept 20-Oct 25

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

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

Session 2: Nov 1-Dec 20* *No class 11/29

30 min fee: \$59.50 res/\$74.50 non-res

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

30 Minute Classes	Time			Code
Aqua Baby	8:10am			410711
Aqua Tot 1	8:45am			410712
Aqua Tot 2	9:55am			410713
Starfish	8:10am	9:20am	10:30am	410720
Turtle	8:10am	8:45am	9:55am	410721
Alligator	8:10am	8:45am	9:55am	410722
Seal	8:45am	10:30am		410723
Level 1	8:10am	9:20am		410731
Level 2	8:45am	9:55am		410732
Level 3	9:20am	10:30am		410733
Level 4	9:55am			410734
Beginning Blast	9:55am	10:30am		410740
Teen 1	10:30am			410751
Adult 1	9:20am			410761
45 Minute Classes	Time			Code
Blast 1	9:40am			410741
Blast 2	8:50am			410742
Blast 3	8:00am			410743
Adult 2	8:30am			410762
Adult 3	7:40am			410763

Tuesday & Thursday Mornings

Session 1: Sept 22-Oct 8

Session 2: Oct 13-29

Session 3: Nov 3-19

Session 4: Dec 1-17

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

30 Minute Classes	Time			Code
Aqua Baby	9:00am			410211
Aqua Tot 1	9:35am			410212
Aqua Tot 2	10:10am			410213
Starfish	9:00am			410220
Turtle	9:35am			410221
Alligator	10:10am			410222
Seal	10:45am			410223

Tuesday Evenings

Session 1: Sept 22-Oct 27

Session 2: Nov 3 - Dec 15*

**No 11/24*

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

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

30 Minute Classes	Time		Code
Aqua Tot 2	4:50pm		410313
Starfish	4:35pm	6:00pm	410320
Turtle	4:00pm	5:45pm	410321
Alligator	5:10pm	5:25pm	410322
Seal	4:00pm		410323
Level 1	5:25pm		410331
Level 2	6:00pm		410332
Beginning Blast	4:00pm		410340
45 Minute Classes	Time		Code
Blast 1	4:35pm		410341
Blast 2	5:25pm		410342
Blast 3	4:35pm		410343
Teen 2	4:00pm		410352

Thursday Evenings

Session 1: Sept 24-Oct 29

Session 2: Nov 5-Dec 17* *No 11/26

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

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

30 Minute Classes	Time		Code
Aqua Tot 1	4:00pm		410512
Starfish	4:00pm	4:35pm	410520
Turtle	4:00pm	5:10pm	410521
Alligator	4:00pm	5:45pm	410522
Seal	4:35pm	6:00pm	410523
Level 1	5:45pm		410531
Level 2	4:35pm	5:10pm	410532
Level 3	5:10pm	5:45pm	410533
Level 4	4:35pm		410534
Beginning Blast	5:25pm		410540
Teen 1	4:00pm		410551
45 Minute Classes	Time		Code
Blast 1	4:35pm		410541

Swim Lesson Selection Guide

For swim lesson related questions,
contact swim@longmontcolorado.gov

WHICH LESSON IS RIGHT FOR MY CHILD?

6 months to 3.5 years

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 **Aqua Baby**

Can the child comfortably walk and play in water up to their chest?

NOT YET »

Sign up for **Aqua Tot 1**

YES »

Sign up for **Aqua Tot 2**

3-5 YEARS:

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

NOT YET »

Sign up for **Starfish**

*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**

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

INDIVIDUAL SWIM INSTRUCTION

Individual Private Lessons

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

Individually Scheduled Private Session Fees

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

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

Semi-Private Session Fees: a shared 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

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"*

7 lesson fee: Individual: \$308 res/\$385 non-res

Semi-Private (2 students): \$411.25 res/\$514.25 non-res

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

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

Tue & Thurs am:

10:45am, Sept 8-17 4 lessons 420299

Sat am: *No class on 11/28

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

Sept 12-Oct 24 | Oct 31-Dec 19* 7 lessons 420699

Longmont Recreation Center: 310 Quail Rd

Tue pm: 4pm, 4:35pm, 5:10pm, or 5:45pm *No 11/24

Sept 22-Oct 27 | Nov 3-Dec 15* 6 lessons 410399

Thurs pm: *No 11/26

4pm, 4:35pm, 5:10pm, or 5:45pm

Sept 24-Oct 29 | Nov 5-Dec 17* 6 lessons 410599

Tue & Thurs am: 10:45am

6 lessons 410299

Sept 22-Oct 8 | Oct 13-29 | Nov 3-19 | Dec 1-17



Longmont Swim Instructor Class

Enjoy swimming and teaching others? Learn skills and techniques to teach swimming lessons with the City of Longmont! Pre-Requisite: Ability to swim freestyle and backstroke for 25 yards. Must submit job application before the start of class.

15 & up: Oct 6-15, Tue & Thurs, 3:45-7:30pm 421243

Week 1 Location: Centennial Pool, 1201 Alpine St

Week 2 Location: Longmont Recreation Ctr

15 & up: Dec 5 & 6, Sat & Sun, 8:30-3pm 421243

Sat Location: Centennial Pool, 1201 Alpine St

Sun Location: Longmont Recreation Ctr, 310 Quail Rd

Fee: Free for future City of Longmont employees ONLY

Water Safety Instructor Certification Class

We will be offering this course again during the Winter/Spring season, December through May.

American Red Cross Babysitter Training

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

11-16 yrs: Sept 27, Sun, 9am-2pm 421231

Nov 8, Sun, 9am-2pm 421231

Location: Centennial Pool, 1201 Alpine St

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

CPR/AED & First Aid

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

12 & up: Nov 15, Sun, 9am-5pm 411223

Location: Centennial Pool, 1201 Alpine St

Fee: \$95 resident/\$118 non-resident

CERTIFICATIONS

TRAINING, TEAMS & DIVING

American Red Cross Lifeguard Training

This course teaches future lifeguards how to spot and handle emergencies in the water. Training includes CPR, first aid, and AED use. Want to work for the City of Longmont? Email swim@longmontcolorado.gov for information.

Pre-Requisites: 150-yard continuous swim followed by 2 minutes of treading with no arms then swim another 50 yards, retrieve 10-pound brick from bottom of pool and swim 20 yards. Must attend all class sessions in their entirety. *“lifeguard”*

15 & up:	Sat/Sun/Mon/Tue, 8am-6pm	
Fall Class:	Nov 21-24	421211
Winter Class:	Dec 19-22	121211
Location:	Centennial Pool, 1201 Alpine St	
Fee:	\$280 resident/\$350 non-resident	
	\$70 for future City of Longmont employees	

SPRINGBOARD DIVING LESSONS

Beginner Springboard Diving

Must be able to swim independently in the diving well. Learn fundamentals of diving including body alignment, approach, basic jumps, front dives, and introduction to back dives. *“diving”*

7 & up:	Sept 14-Oct 21, Mon & Wed, 5-5:45pm	421324
	Oct 26-Dec 9, Mon & Wed, 5-5:45pm*	421324
	<i>*No practices Nov 23 & 25</i>	
Location:	Centennial Pool, 1201 Alpine St	
Fee:	\$135 resident/\$160 non-resident	

Intermediate & Advanced Springboard Diving

Continue to improve your diving skills. Pre-requisites: you should know basic front and back fall dives. You should also know front dives with an approach and back dives from a jump. You should know simple inward reverse and twisting dives.

7 & up:	Sept 14-Oct 21, Mon & Wed, 5:50-7pm	421334
	Oct 26-Dec 9, Mon & Wed, 5:50-7pm*	421334
	<i>*No practices Nov 23 & 25</i>	
Location:	Centennial Pool, 1201 Alpine St	
Fee:	\$225 resident/\$250 non-resident	

CARA SWIM TEAM

CARA Centennial Swim Team

CARA Swimming is a recreation swim team for youth who are not USA swimmers. Practices focus on technique, endurance, and fun! Options exist to compete in swim meets when offered. Please update your email during registration. *No practices Nov 24 & 26.*

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

Location: Centennial Pool, 1201 Alpine St		<i>“CARA”</i>
6- 10 yrs:	Tue & Thurs 5:10-5:55pm	
Sept 8-Oct 22	\$105 res/\$131.25 nr	421112
Oct 27-Dec 17	\$105 res/\$131.25 nr	421112
9-12 yrs:	Tue & Thurs 6-7pm	
Sept 8-Oct 22	\$119 res/\$148.75 nr	421113
Oct 27-Dec 17	\$119 res/\$148.75 nr	421113
12-18 yrs:	Tue & Thurs 6-7pm	
Sept 8-Oct 22	\$119 res/\$148.75 nr	421114
Oct 27-Dec 17	\$119 res/\$148.75 nr	421114



MASTERS SWIMMING

Join these adult-only swim teams to get better at swimming and improve your fitness. Learn swim workouts in a fun and supportive setting. **No practices Nov 23 or 25. “masters”*

Location:	Centennial Pool, 1201 Alpine St
Fee:	\$77 resident/\$96.25 non-resident

Beginning Masters: We recommend the ability to swim 25 yards by yourself before joining.

18 & up:	Tuesday, 5-6pm	
	Sept 8-Oct 20 Oct 27-Dec 15*	421813

Intermediate Masters

For those who can swim at least 200 yards without stopping.

18 & up:	Thursday, 5-6pm	
	Sept 10-Oct 22 Oct 29-Dec 17*	421814

Longmont Masters Swim Schedule

For those comfortable swimming 1,000 yards non-stop.

18 & up:	Mon/Wed/Fri, 6-7am	
Location:	Centennial Pool, 1201 Alpine St	
18 & up:	Saturday	
	Until Sept 13: 8-9am at Sunset Pool	
	Sept 19-Dec 19: 7-8am at Centennial Pool	
18 & up:	Tue/Thurs, 12-1pm	
	Aug 4-Sept 10: Sunset Pool, 1900 Longs Peak Ave	
	Sept 22-Dec 17: Longmont Recreation Ctr, 310 Quail Rd	
Fee:	Daily Admission	