

Learn to Swim WITH LONGMONT RECREATION & GOLF SERVICES!

Our programs offer a variety of swim lesson options for everyone, from toddlers to adults. Each program offers a unique curriculum which caters to different ages, skills, and comfort levels. Unsure of what class to choose? Arrange a FREE swim test. Contact: 303-774-4890, 303-651-8408, or RecSupport@LongmontColorado.gov

Detailed class descriptions are available at LongmontColorado.gov/swim under Swim Lesson Class Descriptions.

Parent/Child: Aquababy & Aquatot

6 months - 3 years: 30 minutes

Parents and child will be coached using a variety of games and techniques to maximize water comfort and introduce swimming skills. Aquababy- 6-18 months Aquatot- 18 months- 3 years

Water Explorers

2.5-3 years: 30 minutes

Pre-requisite- Comfortable being in class environment without parent in the water.

Preschool Program

3-5 years old: 30 minutes

Turtle- Water Introduction

Learn how to submerge face underwater along with water exploration.

Alligator- Floating & Roll-Overs

Pre-requisite: Confidently submerge entire head, 3 times.

Seal- Stroke Introduction

Pre-requisite- Independently front float for 3 seconds, roll to back float, & hold for 10 seconds.

Private Swim or Dive Lessons

Visit LongmontColorado.gov, search "private swim lessons", fill out request form to receive the Private Swim Lesson Guide.

Fees are paid at time of lesson.

Private Fee:

30 min: \$30 resident/\$37.50 non-resident
45 min: \$40 resident/\$50 non-resident

Semi-Private Fee:

30 min: \$40 resident/\$50 non-resident
45 min: \$50 resident/\$62.50 non-resident
(max. 3 students)

Teen & Adult Classes

Descriptions and class offerings on Swim Lesson Charts

BLAST! Accelerated Swim Lessons

5 years & up: 45 minutes

Beginning Blast- Stroke Introduction

Pre-requisite- Independently front float for 3 seconds, roll to back float, & hold for 10 seconds.

Blast 1-Freestyle

Pre-requisite- 15 yds continuous free-style, rolling over to rest as needed. Needs to be comfortable in water where student can't touch the bottom of the pool.

Blast 2-Backstroke

Pre-requisite- 25 yds freestyle with proper technique & consistent bilateral breathing.

Blast 3- Butterfly & Breaststroke

Pre-requisite- 50 yds freestyle with proper technique, 50 yds backstroke, & 25 yds breaststroke kick.

American Red Cross- Learn to Swim

6 years & up: 30 minutes

Level 1: Introduction to Water Skills

Learn how to submerge face underwater, float & glide independently on front & back.

Level 2: Fundamental Aquatic Skills

Pre-requisite- Independently glide on front 2 body lengths, roll to back, float for 5 seconds, recover to standing position.

Level 3- Stroke Development

Pre-requisite- Swim on front 5 body lengths, roll to back, float for 15 seconds, roll to front, continue swimming 5 more body lengths.

Level 4- Stroke Improvement

Pre-requisite- Jump into deep water, tread/float 1 minute, transition into 15 yds front crawl with bilateral breathing to 15 yds elementary backstroke.

Individuals with Special Needs

Longmont Recreation & Golf Services welcomes and strives to accommodate individuals of all physical and intellectual abilities in our learn-to-swim programs. To request an accommodation, please call 303-651-8408. Two weeks advanced notice is greatly appreciated.

SWIM LESSONS PREVENT DROWNINGS

- ✓ According to the American Academy of Pediatrics states children enrolled in formal swimming lessons have an 88% reduced risk of drowning.
- ✓ Once someone learns how to swim they can participate in the following sports; kayaking, surfing, rafting, sailing, snorkeling, and many more.
- ✓ Swimming is an excellent, low impact way to stay fit without wearing out your knees or joints.
- ✓ There is always risk associated with being in, on, and around the water. But, loss of life from drowning CAN and SHOULD be prevented and we have the power to make that happen!



Desired class already full?

Ask to be added onto the waitlist. If enough people sign up on the waitlist, we can create a **NEW class!**

Indoor Lessons LONGMONT RECREATION CENTER

Tuesday & Thursday Morning

	Time	Ssn 1	Ssn2	Ssn 3	Ssn 4	Ssn 5
	Date	1/8-1/31	2/5-2/28	3/5-3/21	4/2-4/25	4/30-5/16
	Fee	\$38/\$47.50	\$38/\$47.50	\$28.50/\$35.75	\$38/\$47.50	\$28.50/\$35.75
Water Explorers	9:00AM	110214.1A	110214.2A	110214.3A	210214.4A	210214.5A
Turtle	9:35 AM	110221.1A	110221.2A	110221.3A	210221.4A	210221.5A
Alligator	10:45 AM	110222.1A	110222.2A	110222.3A	210222.4A	210222.5A
Seal	10:10 AM	110223.1A	110223.2A	110223.3A	210223.4A	210223.5A
Aquababy & Aquatot Fees						
	Fee	\$19/\$23.75	\$19/\$23.75	\$14.25/\$17.75	\$19/\$23.75	\$14.25/\$17.75
Aquababy - Tues	9:00AM	110211.1A	110211.2A	110211.3A	210211.4A	210211.5A
Aquatot - Thur	9:00AM	110212.1A	110212.2A	110212.3A	210212.4A	210212.5A

Small Classes - Tue/Thurs Morning

	Time	Ssn 1	Ssn2	Ssn 3	Ssn 4	Ssn 5
	Date	1/8-1/31	2/5-2/28	3/5-3/21	4/2-4/25	4/30-5/16
	Fee	\$80/\$100	\$80/\$100	\$60/\$75	\$80/\$100	\$60/\$75
Turtle	10:10 AM	110221.S1	110221.S2	110221.S3	210221.S4	210221.S5
Alligator	9:35 AM	110222.S1	110222.S2	110222.S3	210222.S4	210222.S5
Seal	10:45 AM	110223.S1	110223.S2	110223.S3	210223.S4	210223.S5

Tuesday Afternoon

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/8-2/5	2/12-3/19	4/2-5/14
	Fee	\$23.75/\$29.75	\$28.50/\$35.75	\$33.25/\$41.50
Turtle	4:15 PM	110321.1A	110321.2A	210321.3A
	5:25 PM	110321.1B	110321.2B	210321.3B
Alligator	4:15 PM	110322.1A	110322.2A	210322.3A
	4:50 PM	110322.1B	110322.2B	210322.3B
Seal	4:50 PM	110323.1A	110323.2A	210323.3A
Level 1	4:50 PM	110331.1A	110331.2A	210331.3A
Level 2	4:15 PM	110332.1A	110332.2A	210332.3A
	4:50 PM	110332.1B	110332.2B	210332.3B
Level 3	4:15 PM	110333.1A	110333.2A	210333.3A
	4:50 PM	110333.1B	110333.2B	210333.3B
Level 4	4:15 PM	110334.1A	110334.2A	210334.3A
Blast Fees				
	Fee	\$31.25/\$39.25	\$37.50/\$47	\$43.75/\$54.75
Beg Blast	5:25 PM	110340.1A	110340.2A	210340.3A
Blast 1	5:25 PM	110341.1A	110341.2A	210341.3A
Blast 2	5:25 PM	110342.1A	110342.2A	210342.3A

Small Classes - Tue Afternoon

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/8-2/5	2/12-3/19	4/2-5/14
	Fee	\$50/\$62.50	\$60/\$75	\$70/\$87.50
Turtle	4:50 PM	110321.S1	110321.S2	210321.S3
Alligator	5:25 PM	110322.S1	110322.S2	210322.S3
Seal	5:25 PM	110323.S1	110323.S2	210323.S3
Small Class Blast Fees				
	Fee	\$60/\$75	\$72/\$90	\$84/\$105
Beg Blast	4:00 PM	110340.S1	110340.S2	210340.S3

Adult Swim Lessons

18 years & up: 45 minutes
Adult 1: Learning the Basics
 Overcome the fear of the water and learn swimming basics.

Adult 2: Improving Skills & Swimming Strokes
 Improve technique and endurance in front crawl and elementary backstroke. Breast-stroke and back crawl are introduced.

Teen Swim Lessons

11-17 years: 45 minutes
Teen 1: Learning the Basics
 Learn floats and stroke development. Class fosters a comfortable environment for teens to learn beginner to intermediate swim techniques.

Teen 2: Endurance & Stroke Enhancement
 Provides workouts, including technique based drills to enhance strokes and improve proficiency in water. Swim team prep, or fitness.



SMALL CLASS SWIM LESSONS

Does your child learn better in smaller group environments? Our Small Class Swim Lessons guarantee a maximum of 3 students per teacher. Use keyword "smallclass" (no spaces) to view and register for small classes online!

Indoor Lessons at

LONGMONT RECREATION CENTER

Wednesday Afternoon

	Time	Ssn 1	Ssn2	Ssn 3
	Date	1/9-2/6	2/13-3/20	4/3-5/15
	Fee	\$23.75/\$29.75	\$28.50/\$35.75	\$33.25/\$41.50
Turtle	12:35 PM	110421.1A	110421.2A	210421.3A
Alligator	1:10 PM	110422.1A	110422.2A	210422.3A
Seal	12:00 PM	110423.1A	110423.2A	210423.3A

Small Classes - Wed Afternoon

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/9-2/6	2/13-3/20	4/3-5/15
	Fee	\$50/\$62.50	\$60/\$75	\$70/\$87.50
Turtle	12:00 PM	110421.S1	110421.S2	210421.S3
Alligator	12:35 PM	110422.S1	110422.S2	210422.S3
Seal	1:10 PM	110423.S1	110423.S2	210423.S3

Thursday Afternoon

	Time	Ssn 1	Ssn2	Ssn 3
	Date	1/10-2/7	2/14-3/21	4/4-5/16
	Fee	\$23.75/\$29.75	\$28.50/\$35.75	\$33.25/\$41.50
Water Explorers	4:05 PM	110514.1A	110514.2A	210514.3A
Turtle	4:05 PM	110521.1A	110521.2A	210521.3A
	4:40 PM	110521.1B	110521.2B	210521.3B
	5:30 PM	110521.1C	110521.2C	210521.3C
Alligator	4:05 PM	110522.1A	110522.2A	210522.3A
	4:40 PM	110522.1B	110522.2B	210522.3B
	5:15 PM	110522.1C	110522.2C	210522.3C
Seal	4:05 PM	110523.1A	110523.2A	210523.3A
	5:15 PM	110523.1B	110523.2B	210523.3B
Level 1	5:10 PM	110531.1A	110531.2A	210531.3A
Level 2	4:35 PM	110532.1A	110532.2A	210532.3A
Level 3	4:00 PM	110533.1A	110533.2A	210533.3A
Level 4	4:00 PM	110534.1A	110534.2A	210534.3A

Blast Fees

	Fee	\$31.25/\$39.25	\$37.50/\$47	\$43.75/\$54.75
Beg Blast	4:40 PM	110540.1A	110540.2A	210540.3A
	5:30 PM	110540.1B	110540.2B	210540.3B
Blast 1	4:40 PM	110541.1A	110541.2A	210541.3A
Blast 2	4:35 PM	110542.1A	110542.2A	210542.3A
Blast 3	5:25 PM	110543.1A	110543.2A	210543.3A

Sunday Morning**

	Time	Ssn 1	Ssn2	Ssn 3
	Date	1/6-2/10	2/17-3/31	4/7-5/19*
	Fee	\$28.50/\$35.75	\$33.25/\$41.50	\$28.50/\$35.75
Aquababy	9:20 AM	110711.1A	110711.2A	210711.3A
Aquatot	9:55 AM	110712.1A	110712.2A	210712.3A
Water Explorers	8:45 AM	110714.1A	110714.2A	210714.3A
	10:30 AM	110714.1B	110714.2B	210714.3B
Turtle	8:45 AM	110721.1A	110721.2A	210721.3A
	9:20 AM	110721.1B	110721.2B	210721.3B
	9:55 AM	110721.1C	110721.2C	210721.3C
	10:30 AM	110721.1D	110721.2D	210721.3D
Alligator	8:45 AM	110722.1A	110722.2A	210722.3A
	9:20 AM	110722.1B	110722.2B	210722.3B
	9:55 AM	110722.1C	110722.2C	210722.3C
	10:30 AM	110722.1D	110722.2D	210722.3D
Seal	8:45 AM	110723.1A	110723.2A	210723.3A
	9:20 AM	110723.1B	110723.2B	410723.3B
	9:55 AM	110723.1C	110723.2C	210723.3C
Level 1	10:30 AM	110731.1A	110731.2A	210731.3A
Level 2	9:20 AM	110732.1A	110732.2A	210732.3A
	9:55 AM	110732.1B	110732.2B	210732.3B
Level 3	8:30 AM	110733.1A	110733.2A	210733.3A
	9:55 AM	110733.1B	110733.2B	210733.3B
Level 4	9:20 AM	110734.1A	110734.2A	210734.3A
	9:55 AM	110734.1B	110734.2B	210734.3B

Blast, Teen, & Adult Fees

	Fee	\$37.50/\$47	\$43.75/\$54.75	\$37.50/\$47
Beg Blast	8:30 AM	110740.1A	110740.2A	210740.3A
	10:30 AM	110740.1B	110740.2B	210740.3B
Blast 1	9:20 AM	110741.1A	110741.2A	210741.3A
	10:10 AM	110741.1B	110741.2B	210741.3B
Blast 2	8:30 AM	110742.1A	110742.2A	210742.3A
	10:30 AM	110742.1B	110742.2B	210742.3B
Blast 3	9:05 AM	110743.1A	110743.2A	210743.3A
Teen 1	8:30 AM	110751.1A	110751.2A	210751.3A
Adult 1	7:40 AM	110761.1A	110761.2A	210761.3A
Adult 2	7:40 AM	110762.1A	110762.2A	210762.3A

Swim lessons will again be offered at Centennial Pool upon its reopening, anticipated in 2019. Once available, Centennial Swim Lesson offerings will be viewable online and at the front desk of Centennial Pool.

LRC Pool has Open Swim during swim lessons*: Swim lessons do not include open swim admittance fees. Pay drop-in admission or use pass card prior to swim lessons. Proof of payment may be requested for swimming before/after lessons. Children 5 and under MUST have an adult in the water with them.

**Sunday Morning lessons from 8:30-11am is "quiet" swim lesson time with no open swim. The Leisure Pool opens at 11am - see page 6 for more hour information. Lap swim available, minimum 2 lanes.



CARA SWIM TEAM

A recreational swim team for youth ages 6-18 who are not USS swimmers, with an emphasis placed on technique building, endurance building and FUN! Optional swim meets.

Register for the age group child will be on the first day of practice. Child competes in age group as of age January 1, 2019.

CARA Pre-Requisite - Ability to swim one length of the pool freestyle with rotary breathing and backstroke without stopping or using assistance. All participants are evaluated on the first day of practice. ***NO Practice: 3/26 & 3/28**

Longmont Recreation Center CARA: The Piranhas

Practice: Mon & Wed, Jan 7-May 8*

Parent Meeting: January 16 @ 5pm

Location: Longmont Recreation Center, 310 Quail Rd

Meets: Feb 16 Thornton, Mar 17 Northglenn, & Apr 13 Longmont

6-10 yrs: **4:15-5pm** 111112.1A

8-10 yrs: **5:05-5:50pm** 111112.1B

Fee: \$127.50 resident/\$159.50 non-resident

9-14 yrs: **4:15-5:15pm** 111113.1A

5:55-6:55pm 111113.1B

Fee: \$136 resident/\$170 non-resident

11-18 yrs: **5:20-6:35pm** 111115.1A

Fee: \$144.50 resident/\$180.75 non-resident

Babysitter's Training

This course provides youth with the information and skills necessary to provide safe and responsible care for children while babysitting. Participants will develop skills in 5 critical areas; leadership, safety and safe place, basic care, first aid, and professionalism.

11-16 yrs: **Jan 21, Mon, 8am-3pm** 121231.1

Feb 15, Fri, 8am-3pm 121231.2

Mar 27, Wed, 8am-3pm 221231.1

Apr 29, Mon, 8am-3pm 221231.2

May 11, Sat, 8am-3pm 221231.3

Location: Centennial Pool, 1201 Alpine St

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

Swim Stroke Clinic with Coach Geoff Hawksworth

Stroke Clinics are geared towards swimmers comfortable in the water who are interested in specific technique, speed, and endurance training. Focus is on breaking down each stroke to maximize efficiency in the water and helping each swimmer reach his or her potential. ****Drop-In: \$15**

8-18 yrs: **Tue 6:15-7:15pm & Thurs 5:30-6:30pm**

Dates: **Jan 8-31** 126440.1

Feb 5-28 126440.2

Apr 2-25 226440.4

Fee: \$94 resident/\$118 non-resident

Dates: **Mar 5-21** 226440.3

Apr 30-May 16 226440.5

Fee: \$70.50 resident/\$88.50 non-resident

Instructor: Geoff Hawksworth

Location: Longmont Recreation Center, 310 Quail Rd



Log Rolling

Young or old, come and roll with us! We provide the logs, the pool, and a certified Key Log Rolling instructor ready to teach you how to roll. Once you've mastered the basics, get ready to challenge others in friendly log rolling competitions. Daily enrollment is accepted. ***No class Mar 29 or Apr 26,**

8 & up: **Jan 11-Mar 1, Fri, 7-8pm** 121411.1A

Mar 8-May 10*, Fri, 7-8pm 221411.1A

Location: Longmont Recreation Center, 310 Quail Rd

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

Drop In Fee: \$6 resident/\$7.50 non-resident

CPR-AED & First Aid

This American Red Cross class covers CPR & AED for Adults, Children and Infants and First Aid.

12 & up: **Jan 19, Sat, 8am-2pm** 111223.1A

Feb 10, Sun, 8am-2pm 111223.1B

Mar 16, Sat, 8am-2pm 211223.1A

Apr 14, Sun, 8am-2pm 211223.1B

May 5, Sun, 8am-2pm 211223.1C

Location: Longmont Recreation Center, 310 Quail Rd

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

We will create CPR-AED, First Aid, Babysitter's Training and/or Wilderness & Remote First Aid to your group of 6 or more. Please contact Luke to set up a date at luke.diede@longmontcolorado.gov



Lifeguard

ARC Lifeguard Training Pre-Requisite: Must be 15 years old before the last class; 300 yard continuous swim of 100 Front Crawl, 100 Breaststroke, 100 Front Crawl or Breaststroke. Mandatory Pre-Test will be the first hour of the first class. All students will be evaluated on the Pre-Requisite. Contact Luke for pending employee discount information: 303-774-4759 or luke.diede@longmontcolorado.gov.

15 & up:	Jan 3-6, Thurs-Sun, 9am-5pm	121211.1A
	Mar 23-26, Sat-Tue, 7am-3pm	221211.1A
	Apr 26-29, Fri 4-9:30pm/Sat & Sun 8-5pm/Mon 8-12pm	221211.2A

Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$45 future City of Longmont employees
 \$190 resident/\$237.50 non-resident

Waterfront Lifeguard Training - Bridge

Pre-Requisite: 550 yard continuous swim of 200 Front Crawl, 200 Breaststroke, 150 Front Crawl/Breaststroke. Must have current American Red Cross Lifeguarding certification.

15 & up:	Jan 6, Sun, 12-5pm	111211.1A
	Mar 26, Tue, 10-3pm	211211.2A
	Apr 29, Mon, 1-6pm	211211.3A

Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$60 resident/\$75 non-resident

New! Lifeguard Instructor

Upon successful completion of this class, you will be able to teach ARC Lifeguard classes. Pre-Requisites: Must be 17 before the last day of class, have current ARC Lifeguard certification, and be able to correctly demonstrate all lifeguard skills.

17 & up:	Mar 28-31 Thurs-Sun, 9am-5pm	221218.1A
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Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$425

New! Aqua Academy

Join the Aqua Academy team and learn lifeguarding skills, teaching techniques for swim lessons, CPR-AED and First Aid. Participate in stroke workshops strengthening your knowledge and skills to one day work with our team as a lifeguard and/or swim instructor. Daily enrollment accepted. * No class 3/29

10-18 yrs:	Jan 11-April 26*, Fri, 5:30-7pm	121225.1
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Location: Longmont Recreation Center, 310 Quail Rd
 Session Fee: \$65 resident/\$81.25 non-resident
 Daily Fee: \$5/\$6.25 non-resident

Water Safety Instructor (WSI) Training

Pre-requisites: Able to swim all competitive strokes as well as the elementary backstroke and sidestroke. Learn the techniques and skills necessary to become American Red Cross certified to teach swim lessons.

16 & up:	Tue, 3-5pm; Wed-Sun, 9am-6pm	
	Mar 26-30	221241

Location: Centennial Pool, 1201 Alpine St
 Fee: \$35 fee paid to American Red Cross
 + \$144 resident/\$180 non-resident/
 \$50 pending City of Longmont employee

Longmont Swim Instructor (LSI)

Become certified to teach swimming lessons for the City of Longmont! The LSI training will prepare you to teach City of Longmont's pre-school swim lessons (youth 3-5 years) and BLAST-Accelerated Swim Lesson Program (youth 5-12). Pre-Requisite: Ability to swim all 4 competitive strokes proficiently at least 15 yards by last class day

15 & up:	Feb 17 & 24, Sun, 9am-5pm	121243.1
	Mar 25 & 26, Mon & Tue, 9a-5pm	221243.1
	Apr 28 & May 5, Sun, 9am-5pm	221243.2

Location: Centennial Pool, 1201 Alpine St
 Fee: \$26.25 resident/\$32.75 non-resident

Swim Instructor Aide

Pre-Requisite: 25 yards any combination of freestyle, elementary backstroke, and/or backstroke. Love swimming and working with youth? Being a Swim Aide is the best of both worlds! After successful completion of class, year round volunteer opportunities are available with City of Longmont swim lessons!

11-14 yrs:	Jan 20, Sun, 2-6pm	121242.1A
	Mar 3, Sun, 2-6pm	221242.2A
	Apr 14, Sun, 2-6pm	221242.3A

Location: Centennial Pool, 1201 Alpine St
 Fee: \$22 resident/\$27.50 non-resident

Struggling to meet the expectations to participate in the Lifeguard class or the Water Safety Instructor class, but have a passion to work in aquatics?

Attend the Aqua Academy on Friday nights and build your skills. See details above.

*Do you love summer?
 Do you love working
 with the public?*

Aquatics is hiring temporary positions for the summer. Interviews begin as early as February for lifeguards, swim instructors, concessions workers, and front desk staff. Apply on line. <https://longmontcolorado.gov/jobs>

