

AQUATIC PROGRAMS



Longmont Masters Swim Practice

Come join others for a swim practice workout and camaraderie. Improve your skills and stamina through intervals, drills, and distance swimming. Masters swimming is recommended for adults who are comfortable swimming at least 1,000 yards non-stop. Beginning Masters is recommended for adults who are comfortable swimming 200 yards non-stop. *No 5/25, 5/27, or 6/1

Masters

M/W/F* 6-7am & Sat* 6:45-8am

Location through May 31: Centennial Pool, 1201 Alpine St
Location June 3-Aug 10: Sunset Pool, 1900 Longs Peak Ave

Tue/Thur 12-1pm

Location through May 23: Longmont Recreation Center, 310 Quail Rd
Location May 28-end Aug: Sunset Pool, 1900 Longs Peak Ave

Beginning Masters

Tue/Thur 7:15-8:15pm

Location: Longmont Recreation Center, 310 Quail Rd
Fee: Regular Admittance fees apply

HIRING NOW

Looking for flexible hours, good pay, and a chance to be in and around the water all day?

The city of Longmont is hiring energetic, fun, leaders now. Enroll in any of our Red Cross classes and apply on line

"I am a Swim Instructor because I have a passion for teaching water safety and swimming skills that could save a life and will last a life time."

Holly V,
Swim Lesson Specialist

"You should work as a Swim Instructor for the City of Longmont because it opens so many doors and provides various opportunities. Not only do you meet and work with great families, you also get to build a strong and supportive network with your fellow staff members."

Lauren G, Pool Manager
& Swim Lesson Instructor

"Working with the City of Longmont is a great first job, it's a fun and very supportive work place."

Sterling S, Pool Manager
& Swim Lesson Instructor

+ AMERICAN RED CROSS CLASSES

Water Safety Instructor

Pre-Requisite: Able to swim Front and Back Crawl, Breaststroke, Butterfly, Elementary Backstroke and Sidestroke. Learn how to teach others to swim. Bring swim suit(s), towel(s), and food for the day. To receive the pending employee rate, enroll directly with Centennial Pool, 1201 Alpine St, 303-651-8406.

16 & up: **May 28-31, Tue 1:30-5:30pm, Wed-Fri, 8:30am-6pm** 221241.1

Location: Centennial Pool, 1201 Alpine St
Fees: \$35 paid to ARC online + \$144 resident / \$180 non-resident / \$50 pending employee

Longmont Swim Instructor (LSI)

Learn the skills and techniques to teach swimming lessons with the City of Longmont! Must be able to demonstrate knowledge of basic swimming skills, including floats, front crawl, back stroke and general water safety. Pre-Requisite: Ability to swim all 4 competitive strokes proficiently at least 15 yards by last class day. Must submit job application by last day of class.

15 & up: **Jun 26&27, Wed & Thurs, 9:30am-5:30pm** 321243.1

15 & up: **Jul 24&25, Wed & Thurs, 9:30am-5:30pm** 321243.2

Location: Sunset Pool, 1900 Longs Peak
Fee: \$26.25 resident/\$32.75 non-resident



Swim Instructor Aide

Pre-Requisite: Level 4 swimming ability. Want to be a Swim Instructor, but not 15 yet? Enjoy working with kids? Learn how to assist instructors with swim lessons. After successful completion of class, year round volunteer opportunities are available with City of Longmont swimming lessons!

11-14 yrs: **Jun 11&12, Tue & Wed 9:30-11:30am** 331242.1

Jul 9&10, Tue & Wed 9:30-11:30am 331242.2

Location: Sunset Pool, 1900 Longs Peak Ave
Fee: \$22 resident/\$27.50 non-resident



AMERICAN RED CROSS CLASSES



Join our Team!

Looking to apply for a job with Longmont Recreation? We have plenty of openings from which to choose:

- Building Supervisors
- Day Camp Leaders & Asssit Directors
- Fitness Instructors
- Front Desk Receptionist
- Lifeguards
- Pool Manager & Assist Managers
- Sports Officials
- Swim Instructors
- Youth Sports Coaches

We are interviewing now!
LongmontColorado.gov/jobs to apply

Lifeguard Training

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 the first hour of the first class: all students are evaluated on the Pre-Requisite. Contact Luke for pending employee discount information: 303-774-4759 or luke.diede@longmontcolorado.gov.

15 & up: **Apr 26-29, Fri 4-9:30pm/ Sat & Sun 8-5pm/ Mon 8am-12pm** 221211.2A

Location: Longmont Recreation Center, 310 Quail Rd

15 & up: **Jun 16-19, Sun -Wed, 9am-5pm** 331212.1A
Aug 4-7, Sun -Wed, 9am-5pm 331212.1A

Location: Sunset Pool, 1900 Longs Peak Ave
 Fee: \$45 future City of Longmont employees
 \$190 resident/\$237.50 non-resident

Waterfront Lifeguard Training - Bridge

Learn how to lifeguard open water lakes or reservoirs with this bridge class. Free for current/pending Longmont lifeguards. 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: **June 20, Thurs, 12-5pm** 311211.1A
Aug 8, Thurs, 12-5pm 311211.2A

Location: Sunset Pool, 1900 Longs Peak Ave
 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-Requisite: 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: **Jul 19-22 Thurs-Mon** 321218.1A
Thurs 5-10pm, Fri 5-10pm, Sat 7-4pm, & Sun 12-5pm

Location: Sunset Pool, 1900 Longs Peak
 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.

10-18 yrs: **Jun 7-Aug 2 Fri, 5:30-7pm** 321225.1

Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$38.25 resident/\$48 non-resident
 Daily Fee: \$6

Babysitter's Training

Gain the information and skills necessary to provide safe and responsible care for children while babysitting. Develop skills in 5 critical areas; leadership, safety and safe place, basic care, first aid, and professionalism.

11-16 yrs: **May 11, Sat, 8-3pm** 221231.3

Location: Centennial Pool 1201 Alpine St

11-16 yrs: **Jun 6, Thurs, 9am-4pm** 321231.1

Jun 29, Sat, 9am-4pm 321231.2

July 11, Thurs, 9am-4pm 321231.3

July 29, Mon, 9am-4pm 321231.4

Aug 3, Sat, 9-4pm 321231.5

Location: Sunset Pool, 1900 Longs Peak Ave
 Fee: \$70 resident/\$87.50 non-resident

Babysitter's Boot Camp

Three classes in one: American Red Cross Babysitter's Training, First Aid, and CPR for infants & children. Great for both experienced and novice sitters. Bring sack lunch.

12-19 yrs: **Jun 21 & 22, Fri & Sat, 9am-2pm** 321232.1

Jul 15 & 16, Mon & Tues, 9am-2pm 321232.2

Location: Sunset Pool, 1900 Longs Peak Ave
 Fee: \$95 resident/\$118 non-resident

CPR/AED & First Aid

This American Red Cross course not only covers CPR & AED for Adults, Children and Infants, it also includes First Aid.

12 & up: **May 5, Sun, 8-2pm** 211221.1C

Location: Longmont Recreation Center, 310 Quail Rd

12 & up: **Jun 3 & 5, 5:30-8:30pm** 311223.1A

Jun 25 & 27, 5:30-8:30pm 311223.1B

Jul 8 & 10, 5:30-8:30pm 311223.1C

Jul 23 & 25, 5:30-8:30pm 311223.1D

Aug 10, Sat, 8-2pm 311221.1E

Location: Sunset Pool, 1900 Longs Peak Ave
 Fee: \$95 resident/\$118 non-resident

PRIVATE GROUP CPR

We will bring CPR, AED, First Aid, Babysitters 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



SWIM LESSONS

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.

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.

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.

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!**



Outdoor Lessons SUNSET POOL

Tuesday & Thursday Evenings					
	Time	Ssn 1	Ssn 2	Ssn 3	
No class on 7/4	Date	6/4-6/20	6/25-7/18	7/23-8/8	
	Fee	\$28.50/35.75	\$33.25/41.50	\$28.50/35.75	
	Aquatot	6:25 PM	330212.1A	330212.2A	330212.3A
Turtle	5:50 PM	330221.1A	330221.2A	330221.3A	
	6:40 PM	330221.1B	330221.2B	330221.3B	
	Alligator	5:50 PM	330222.1A	330222.2A	330222.3A
Alligator	6:25 PM	330222.1B	330222.2B	330222.3B	
	7:15 PM	330222.1C	330222.2C	330222.3C	
	Seal	7:00 PM	330223.1A	330223.2A	330223.3A
Level 1	7:00 PM	330231.1A	330231.2A	330231.3A	
Level 2	6:25 PM	330232.1A	330232.2A	330232.3A	
Level 3	6:05 PM	330233.1A	330233.2A	330233.3A	
Level 4	5:30 PM	330234.1A	330234.2A	330234.3A	
	Fee	\$37.50/\$47	\$43.75/54.75	\$37.50/\$47	
Beginning Blast	5:50 PM	330240.1A	330240.2A	330240.3A	
	5:50 PM	330240.1B	330240.2B	330240.3B	
Blast 1	6:40 PM	330241.1A	330241.2A	330241.3A	
Blast 2	6:40 PM	330242.1A	330242.2A	330242.3A	
Blast 3	5:50 PM	330243.1A	330243.2A	330243.3A	
Teen 1	6:40 PM	330251.1A	330251.2A	330251.3A	
Teen 2	7:00 PM	330252.1A	330252.2A	330252.3A	
Adult 1	5:35 PM	330261.1A	330261.2A	330561.3A	

Monday - Friday Mornings						
	Time	Ssn 1	Ssn 2	Ssn 3	Ssn 4	Ssn 5
No class on 7/4	Date	6/3-6/14	6/17-6/28	7/1-7/12	7/15-7/26	7/29-8/9
	Fee	\$47.50/59.50	\$47.50/59.50	\$42.75/53.50	\$47.50/59.50	\$47.50/59.50
	Turtle	9:00 AM	330821.1A	330821.2A	330821.3A	330821.4A
10:10 AM		330821.1B	330821.2B	330821.3B	330821.4B	330821.5B
10:45 AM		330821.1C	330821.2C	330821.3C	330821.4C	330821.5C
Alligator	9:00 AM	330822.1A	330822.2A	330822.3A	330822.4A	330822.5A
	9:35 AM	330822.1B	330822.2B	330822.3B	330822.4B	330822.5B
	10:45 AM	330822.1C	330822.2C	330822.3C	330822.4C	330822.5C
Seal	9:35 AM	330823.1A	330823.2A	330823.3A	330823.4A	330823.5A
	10:10 AM	330823.1B	330823.2B	330823.3B	330823.4B	330823.5B
	Level 1	9:25 AM	330831.1A	330831.2A	330831.3A	330831.4A
Level 2	8:50 AM	330832.1A	330832.2A	330832.3A	330832.4A	330832.5A
	10:00 AM	330832.1B	330832.2B	330832.3B	330832.4B	330832.5B
	Level 3	8:50 AM	330833.1A	330833.2A	330833.3A	330833.4A
Level 3	9:25 AM	330833.1B	330833.2B	330833.3B	330833.4B	330833.5B
	10:00 AM	330833.1C	330833.2C	330833.3C	330833.4C	330833.5C
	Level 4	8:50 AM	330834.1A	330834.2A	330834.3A	330834.4A
9:25 AM		330834.1B	330834.2B	330834.3B	330834.4B	330834.5B
10:00 AM		330834.1C	330834.2C	330834.3C	330834.4C	330834.5C
	Fee	\$62.50/\$78	\$62.50/\$78	\$56.25/70.25	\$62.50/\$78	\$62.50/\$78
Beginning Blast	9:30 AM	330840.1A	330840.2A	330840.3A	330840.4A	330840.5A
	10:20 AM	330840.1B	330840.2B	330840.3B	330840.4B	330840.5B
Blast 1	8:50 AM	330841.1A	330841.2A	330841.3A	330841.4A	330841.5A
	9:25 AM	330841.1B	330841.2B	330841.3B	330841.4B	330841.5B
	10:30 AM	330841.1C	330841.2C	330841.3C	330841.4C	330841.5C
Blast 2	8:50 AM	330842.1A	330842.2A	330842.3A	330842.4A	330842.5A
	9:40 AM	330842.1B	330842.2B	330842.3B	330842.4B	330842.5B
	10:15 AM	330842.1C	330842.2C	330842.3C	330842.4C	330842.5C
Blast 3	10:35 AM	330843.1A	330843.2A	330843.3A	330843.4A	330843.5A
Teen 1	10:35 AM	330851.1A	330851.2A	330851.3A	330851.4A	330851.5A
Teen 2	10:35 AM	330852.1A	330852.2A	330852.3A	330852.4A	330852.5A
M/W/F Morning	Date	6/3-6/14	6/17-6/28	7/1-7/12	7/15-7/26	7/29-8/9
	Fee	\$28.50/35.75	\$28.50/35.75	\$28.50/35.75	\$28.50/35.75	\$28.50/35.75
Aquatot M/W/F	8:50 AM	330812.1A	330812.2A	330812.3A	330812.4A	330812.5A
T/Th Mornings	Date	6/4-6/13	6/18-6/27	7/2-7/11*	7/16-7/25	7/30-8/8
	Fee	\$19/\$23.75	\$19/\$23.75	\$14.25/17.75	\$19/\$23.75	\$19/\$23.75
Aquababy T/R	8:50 AM	330811.1A	330811.2A	330811.3A	330811.4A	330811.5A
Water Ex- T/R	10:50 AM	330814.1A	330814.2A	330814.3A	330814.4A	330814.5A

Outdoor Lessons Weather Policy:

Lessons will proceed in the water, unless heavy rain or lightning conditions exist. 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.

Pool Admittance Policy:

All swim lesson participants, including parents and siblings, are required to exit the facility at the conclusion of lessons. Lessons do not include facility open swim admittance; please plan to pay admittances fees to attend open swim.

Children 5 & under MUST Have an adult in the water them during open swim. Thank you for your cooperation.



No swim lessons on the 4th of July, Thursday.



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!

SMALL CLASS Monday - Friday Mornings						
	Time	Ssn 1	Ssn 2	Ssn 3	Ssn 4	Ssn 5
No class on 7/4	Date	6/3-6/14	6/17-6/28	7/1-7/12	7/15-7/26	7/29-8/9
	Fee	\$100/\$125	\$100/\$125	\$90/\$112.5	\$100/\$125	\$100/\$125
	Turtle	9:35AM	330821.S1	330821.S2	330821.S3	330821.S4
Alligator	10:10AM	330822.S1	330822.S2	330822.S3	330822.S4	330822.S5
	Seal	9:00AM	330823.S1	330823.S2	330823.S3	330823.S4
Level 1	10:45 AM	330823.S1	330823.S2	330823.S3	330823.S4	330823.S5
	10:15AM	330831.S1	330831.S2	330831.S3	330831.S4	330831.S5
Level 2	9:40AM	330832.S1	330832.S2	330832.S3	330832.S4	330832.S5
	Fee	\$120/\$150	\$120/\$150	\$108/\$135	\$120/\$150	\$120/\$150
Beg Blast	8:50AM	330840.S1	330840.S2	330840.S3	330840.S4	330840.S5



SWIM LESSONS

Indoor Lessons



CENTENNIAL POOL

Monday-Thursday Morning

*No class on 7/4	Time	Ssn 1	Ssn 2	Ssn 3	Ssn 4	Ssn 5
	Date	5/28-6/6	6/10-6/20	6/24-7/3	7/8-7/18	7/22-8/1
	Fee	\$33.25/41.50	\$38/47.50	\$33.25/41.50	\$38/47.50	\$38/47.50
Turtle	9:00 AM	320821.1A	320821.2A	320821.3A	320821.4A	320821.5A
Alligator	9:35 AM	320822.1A	320822.2A	320822.3A	320822.4A	320822.5A
Seal	10:45 AM	320823.1A	320823.2A	320823.3A	320823.4A	320823.5A
Level 1	9:00 AM	320831.1A	320831.2A	320831.3A	320831.4A	320831.5A
Level 2	9:00 AM	320832.1A	320832.2A	320832.3A	320832.4A	320832.5A
Level 3	9:35 AM	320833.1A	320833.2A	320833.3A	320833.4A	320833.5A
Level 4	9:35 AM	320834.1A	320834.2A	320834.3A	320834.4A	320834.5A
Fee		\$43.75/54.75	\$50/\$62.50	\$43.75/54.75	\$50/\$62.50	\$50/\$62.50
Blast 1	10:10 AM	320841.1A	320841.2A	320841.3A	320841.4A	320841.5A
Blast 2	10:10 AM	320842.1A	320842.2A	320842.3A	320842.4A	320842.5A
Blast 3	11:00 AM	320843.1A	320843.2A	320843.3A	320843.4A	320843.5A

SMALL CLASS | Monday-Thursday Morning

*No class on 7/4	Time	Ssn 1	Ssn 2	Ssn 3	Ssn 4	Ssn 5
	Date	5/28-6/6	6/10-6/20	6/24-7/3	7/8-7/18	7/22-8/1
	Fee	\$70/\$87.50	\$80/\$100	\$70/\$87.50	\$80/\$100	\$80/\$100
Turtle	10:10 AM	320821.S1	320821.S2	320821.S3	320821.S4	320821.S5
Alligator	11:30 AM	320822.S1	320822.S2	320822.S3	320822.S4	320822.S5
Level 1	11:00 AM	320831.S1	320831.S2	320831.S3	320831.S4	320831.S5

Monday, Wednesday & Friday Mornings

Starts on Wed	Time	Ssn 1	Ssn 2	Ssn 3	Ssn 4	Ssn 5
	Date	5/29-6/7	6/10-6/21	6/24-7/5	7/8-7/19	7/22-8/2
	Fee	\$23.75/29.75	\$28.50/35.50	\$28.50/35.50	\$28.50/35.50	\$28.50/35.50
Turtle	9:40 AM	320421.1A	320421.2A	320421.3A	320421.4A	320421.5A
Alligator	9:05 AM	320422.1A	320422.2A	320422.3A	320422.4A	320422.5A
	10:15 AM	320422.1B	320422.2B	320422.3B	320422.4B	320422.5B
Seal	10:50 AM	320423.1A	320423.2A	320423.3A	320423.4A	320423.5A
Level 1	10:10 AM	320431.1A	320431.2A	320431.3A	320431.4A	320431.5A
Level 2	9:35 AM	320432.1A	320432.2A	320432.3A	320432.4A	320432.5A
	10:45 AM	320432.1B	320432.2B	320432.3B	320432.4B	320432.5B
Level 3	9:00 AM	320433.1A	320433.2A	320433.3A	320433.4A	320433.5A
Fee		\$31.25/\$39	\$37.50/46.75	\$37.50/46.75	\$37.50/46.75	\$37.50/46.75
Beginning Blast	10:30 AM	320440.1A	320440.2A	320440.3A	320440.4A	320440.5A
Blast 1	8:50 AM	320441.1A	320441.2A	320441.3A	320441.4A	320441.5A
Blast 2	9:40 AM	320442.1A	320442.2A	320442.3A	320442.4A	320442.5A

Monday & Wednesday Evening

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	5/29-6/19	6/24-7/17	7/22-8/7
	Fee	\$33.25/41.50	\$38/47.50	\$28.50/35.75
Water Explorer	5:25 PM	320114.1A	320114.2A	320114.3A
Turtle	6:00 PM	320121.1A	320121.2A	320121.3A
Alligator	6:00 PM	320122.1A	320122.2A	320122.3A
	6:35 PM	320122.1B	320122.2B	320122.3B
Seal	5:25 PM	320123.1A	320123.2A	320123.3A
Level 1	5:25 PM	320131.1A	320131.2A	320131.3A
	6:00 PM	320131.1B	320131.2B	320131.3B
Level 2	6:00 PM	320132.1A	320132.2A	320132.3A
Level 3	6:35 PM	320133.1A	320133.2A	320133.3A
Level 4	7:10 PM	320134.1A	320134.2A	320134.3A
Fee		\$43.75/54.75	\$50/62.50	\$37.50/47
Beginning Blast	6:35 PM	320140.1A	320140.2A	320140.3A
Blast 1	7:10 PM	320141.1A	320141.2A	320141.3A
Blast 2	7:30 PM	320142.1A	320142.2A	320142.3A
Blast 3	7:25 PM	320143.1A	320143.2A	320143.3A

SMALL CLASS | Mon & Wed Evening

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	5/29-6/19	6/24-7/17	7/22-8/7
	Fee	\$70/\$87.50	\$80/\$100	\$60/\$75
Turtle	6:35 PM	320121.S1	320121.S2	320121.S3
Alligator	7:10 PM	320122.S1	320122.S2	320122.S3
Fee		\$84/\$105	\$96/\$120	\$72/\$90
Beginning Blast	5:50 PM	320140.S1	320140.S2	320140.S3
Blast 1	6:40 PM	320141.S1	320141.S2	320141.S3

Saturday Morning

	Time	Ssn 1	Ssn 2
	Date	6/8-7/6	7/13/8/10
	Fee	\$23.75/29.75	\$23.75/29.75
Aqua Baby/Tot	9:25 AM	320613.1A	320613.2A
Turtle	11:10 AM	320621.1A	320621.2A
Alligator	10:35 AM	320622.1A	320622.2A
	11:45 AM	320622.1B	320622.2B
Seal	10:00 AM	320623.1A	320623.2A
Level 1	10:50 AM	320631.1A	320631.2A
Level 2	11:25 AM	320632.1A	320632.2A
Level 3	10:35 AM	320633.1A	320633.2A
Level 4	10:00 AM	320634.1A	320634.2A
Fee		\$31.25/39.25	\$31.25/39.25
Beginning Blast	10:00 AM	320640.1A	320640.2A
Blast 1	10:00 AM	320641.1A	320641.2A
Blast 2	10:50 AM	320642.1A	320642.2A
Blast 3	11:40 AM	320643.1A	320643.2A
Teen 2	11:10 AM	320652.1A	320652.2A
Adult 1	10:50 AM	320661.1A	320661.2A
Adult 2	10:00 AM	320662.1A	320662.2A

Sunday Afternoon

	Time	Ssn 1	Ssn 2
	Date	6/9-7/7	7/14-8/11
	Fee	\$23.75/29.75	\$23.75/29.75
Water Explorers	4:10 PM	320714.1A	320714.2A
Turtle	3:00 PM	320721.1A	320721.2A
	3:35 PM	320721.1B	320721.2B
Alligator	3:00 PM	320722.1A	320722.2A
	3:35 PM	320722.1B	320722.2B
Seal	3:00 PM	320723.1A	320723.2A
	3:35 PM	320723.1B	320723.2B
Level 1	4:10 PM	320731.1A	320731.2A
Level 2	3:00 PM	320732.1A	320732.2A
Level 3	3:00 PM	320733.1A	320733.2A
Level 4	3:00 PM	320734.1A	320734.2A
Fee		\$31.25/39.25	\$31.25/39.25
Beginning Blast	3:35 PM	320740.1A	320740.2A
Blast 1	3:35 PM	320741.1A	320741.2A
Blast 2	3:35 PM	320742.1A	320742.2A
Blast 3	4:10 PM	320743.1A	320743.2A
Teen 1	4:25 PM	320751.1A	320751.2A
Teen 2	4:25 PM	320752.1A	320752.2A
Adult 1	4:25 AM	320761.1A	320761.2A



Indoor Lessons

at LONGMONT RECREATION CENTER



Tuesday & Thursday Morning				
	Time	Ssn 1	Ssn 2	Ssn 3
No class on 7/4	Date	5/28-6/20	6/25-7/18	7/23-8/8
	Fee	\$38/\$47.50	\$33.25/41.50	\$28.50/35.50
	Aquababy	8:30 AM 310211.1A	310211.2A	310211.3A
Aquatot	9:05 AM 310212.1A	310212.2A	310212.3A	
Water Explorers	9:40 AM 310214.1A	310214.2A	310214.3A	
	10:15 AM 310214.1B	310214.2B	310214.3B	
	Turtle	8:30 AM 310221.1A	310221.2A	310221.3A
Turtle	9:05 AM 310221.1B	310221.2B	310221.3B	
	9:10 AM 310221.1C	310221.2C	310221.3C	
	9:40 AM 310221.1D	310221.2D	310221.3D	
	10:15 AM 310221.1E	310221.2E	310221.3E	
Alligator	8:30 AM 310222.1A	310222.2A	310222.3A	
	9:05 AM 310222.1B	310222.2B	310222.3B	
	9:40 AM 310222.1C	310222.2C	310222.3C	
	10:35 AM 310222.1D	310222.2D	310222.3D	
Seal	8:30 AM 310223.1A	310223.2A	310223.3A	
	9:05 AM 310223.1B	310223.2B	310223.3B	
	9:40 AM 310223.1C	310223.2C	310223.3C	
Level 1	8:30 AM 310231.1A	310231.2A	310231.3A	
	9:05 AM 310231.1B	310231.2B	310231.3B	
Level 2	9:40 AM 310232.1A	310232.2A	310232.3A	
	Fee	\$50/\$62.50	\$43.75/54.75	\$37.50/\$47
Beginning Blast	8:20 AM 310240.1A	310240.2A	310240.3A	
	9:45 AM 310240.1B	310240.2B	310240.3B	
Blast 1	10:15 AM 310241.1A	310241.2A	310241.3A	
Blast 2	10:15 AM 310242.1A	310242.2A	310242.3A	
Blast 3	10:15 AM 310243.1A	310243.2A	310243.3A	

Thursday Afternoon			
	Time	Ssn 1	Ssn 2
Water Explorers	Date	5/30-6/27	7/11-8/8
	Fee	\$23.75/29.75	\$23.75/29.75
	4:10 PM 310514.1A	310514.2A	
Turtle	4:10 PM 310521.1A	310521.2A	
	4:45 PM 310521.1B	310521.2B	
	5:20 PM 310521.1C	310521.2C	
Alligator	4:10 PM 310522.1A	310522.2A	
	4:45 PM 310522.1B	310522.2B	
	5:20 PM 310522.1C	310522.2C	
Seal	4:45 PM 310523.1A	310523.2A	
	5:20 PM 310523.1B	310523.2B	
Level 1	4:50 PM 310531.1A	310531.2A	
Level 2	5:25 PM 310532.1A	310532.2A	
Level 3	4:10 PM 310533.1A	310533.2A	
Level 4	4:00 PM 310534.1A	310534.2A	
Beginning Blast	Fee	\$31.25/39.25	\$31.25/39.25
	4:00 PM 310540.1A	310540.2A	
Blast 1	4:45 PM 310540.1B	310540.2B	
	5:35 PM 310541.1A	310541.2A	
Blast 2	4:35 PM 310542.1A	310542.2A	
Blast 3	5:25 PM 310543.1A	310543.2A	

Tuesday Afternoon			
	Time	Ssn 1	Ssn 2
Turtle	Date	5/28-7/2	7/9-8/6
	Fee	\$28.50/35.75	\$23.75/29.75
	4:15 PM 310321.1A	310321.2A	
5:25 PM 310321.1B	310321.2B		
	Alligator	4:50 PM 310322.1A	310322.2A
5:25 PM 310322.1B	310322.2B		
	Seal	4:50 PM 310323.1A	310323.2A
Level 1	4:50 PM 310331.1A	310331.2A	
	Level 2	4:15 PM 310332.1A	310332.2A
4:50 PM 310332.1B	310332.2B		
	Level 3	4:15 PM 310333.1A	310333.2A
4:50 PM 310333.1B	310333.2B		
	Level 4	4:15 PM 310334.1A	310334.2A
Fee	\$37.50/\$47	\$31.25/39.25	
	Beg Blast	5:25 PM 310340.1A	310340.2A
Blast 1	5:25 PM 310341.1A	310341.2A	
	Blast 2	5:25 PM 310342.1A	310342.2A

SMALL CLASS Tuesday Afternoon			
	Time	Ssn 1	Ssn 2
Turtle	Date	5/28-7/2	7/9-8/6
	Fee	\$60/\$75	\$50/\$62.50
	4:50 PM 310321.S1	310321.S2	
Alligator	4:15 PM 310322.S1	310322.S2	
	Seal	5:25 PM 310323.S1	310323.S2
Fee	\$72/\$90	\$60/\$75	
	Beg Blast	4:00 PM 310340.S1	310340.S2

Sunday Morning			
	Time	Ssn 1	Ssn 2
Aquababy	Date	6/2-7/7	7/14-8/11
	Fee	\$28.50/35.50	\$23.75/29.75
	9:20 AM 310711.1A	310711.2A	
Aquatot	9:55 AM 310712.1A	310712.2A	
	Water Ex	9:55 AM 310714.1A	310714.2A
10:30 AM 310714.1B		310714.2B	
Turtle		8:45 AM 310721.1A	310721.2A
9:20 AM 310721.1B	310721.2B		
	9:55 AM 310721.1C	310721.2C	
	10:30 AM 310721.1D	310721.2D	
Alligator	8:45 AM 310722.1A	310722.2A	
	9:20 AM 310722.1B	310722.2B	
	9:55 AM 310722.1C	310722.2C	
10:30 AM 310722.1D	310722.2D		
	Seal	8:45 AM 310723.1A	310723.2A
9:20 AM 310723.1B		310723.2B	
9:55 AM 310723.1C		310723.2C	
10:30 AM 310723.1D	310723.2D		
	Level 1	9:20 AM 310731.1A	310731.2A
Level 2		9:20 AM 310732.1A	310732.2A
	9:55 AM 310732.1B	310732.2B	
Level 3		9:20 AM 310733.1A	310733.2A
	9:55 AM 310733.1B	310733.2B	
Level 4		9:20 AM 310734.1A	310734.2A
	9:55 AM 310734.1B	310734.2B	
	Fee	\$30/\$37.50	\$36/\$45
Beginning Blast	8:30 AM 310740.1A	310740.2A	
	10:30 AM 310740.1B	310740.2B	
Blast 1	8:30 AM 310741.1A	310741.2A	
	10:30 AM 310741.1B	310741.2B	
Blast 2	8:30 AM 310742.1A	310742.2A	
	10:30 AM 310742.1B	310742.2B	
Blast 3	10:30 AM 310743.1A	310743.2A	
	Teen 1	8:30 AM 310751.1A	310751.2A
Teen 2	8:30 AM 310752.1A	310752.2A	
Adult 1	7:40 AM 310761.1A	310761.2A	
	Adult 2	7:40 AM 310762.1A	310762.2A



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. Breaststroke 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.



Children 5 and under MUST have an adult in the water with them during open swim.



SWIM LESSONS

Springboard Diving

Classes are focused on developing a diving foundation while working towards expanding each student's diving skills at an organic, self-driven, pace. With an individualized coaching style, youth independently work on diving skills appropriate to where they are at in the learning process



6-12 yrs:	Jun 3-Jul 1, Mon, 5-5:45pm	321321.1
	Jul 8-Aug 5, Mon, 5-5:45pm	321321.2
13-18 yrs:	Jun 3-Jul 1, Mon, 5:45-6:30pm	321331.1
	Jul 8-Aug 5, Mon, 5:45-6:30pm	321331.2
Instructor:	Rachel Flax	
Location:	Centennial Pool, 1201 Alpine St	
Fee:	\$36.75 resident/\$45 non-resident	

High School Prep Diving Camps

Interested in or already diving in High School? Get in shape, stay in shape, and perfect those flips, twists, and reverses. Must be able to comfortably perform diving basics and be ready to increase difficulty in dives.

13-17 yrs:	Fri & Sat 8-9am; Sun 10-11am; Mon 8-9am	
Sessions:	Jun 28-Jul 1, Jul 26-29	321355
Location:	Sunset Pool, 1900 Longs Peak Ave	
13-17 yrs:	Aug 16-19, Fri-Mon, 3:30-4:30pm	321355
Location:	Centennial Pool, 1201 Alpine St	
Instructor:	Shawn Gregg	
Fee:	\$36.75 resident/ \$46 non-resident	

Swim Stroke Clinics with Coach 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. **No 7/4.*

8-18 yrs:	Tue, 6:15-7:15pm & Thurs, 5:30-6:30pm	
	Apr 30-May 16 \$70.50res/ \$88.50non-res	226440.5
8-18 yrs:	Tue & Thurs, 6:15-7:15pm	
	Jun 4-27 \$94 res/\$118 non-res	326440.1
	Jul 2-25* \$78.75 res/\$98.50 non-res	326440.2
	Jul 30-Aug 8 \$22.50 res/\$29.50 non-res	326440.3

Instructor: Geoff Hawksworth
Location: Longmont Recreation Center, 310 Quail Rd
Drop-In Fee:\$15

CARA SWIM TEAMS

CARA swimming is 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! Monthly, optional swim meets.

Register for age group child will be on the first day of practice. Child will compete in age group of age January 1, 2019. Choose between 45, 60, and 75 minute practices below.

CARA Pre-Requisite - Ability to swim one length of pool freestyle with rotary breathing and backstroke without stopping or using assistance. All participants are evaluated on the first day of practice.

Longmont Recreation Center Piranhas

Dates: **May 29-Aug 7, Mon & Wed**
Parent Meeting: Jun 5, Wed, 5pm
Meets: 6/22 in Berthoud, 6/30 in Ft Collins, 7/28 at Home (Sunset Pool), 8/3 in Loveland

6-10 yrs:	4:15-5pm	311112.1A	\$79/\$98.75
8-10 yrs:	5:05-6:05pm	311113.1A	\$84/\$105
9-14 yrs:	4:15-5:15pm	311114.1A	\$84/\$105
	6:10-6:55pm	311114.1B	\$79/\$98.75
11-18 yrs:	5:20-6:35pm	311115.1A	\$84/\$105

Location: Longmont Recreation Center, 310 Quail Rd

Centennial Pool Tsunamis

Dates: **May 28-Aug 8*, Tue & Thurs** **No Practice 7/4*
Parent Meeting: June 6, Thurs, 6:45pm
Meets: 6/15 in Thornton, 7/14 in Northglenn, 7/28 at Home (Sunset Pool), 8/3 in Loveland

6-10 yrs:	6-6:45pm	321112.1A	\$82.50/\$103.25
6-10 yrs:	6:50-7:35pm	321112.2A	\$82.50/\$103.25
9-14 yrs:	6-7pm	321113.1A	\$88/\$110
13-18 yrs:	7:05-8:05pm	321114.1A	\$88/\$110

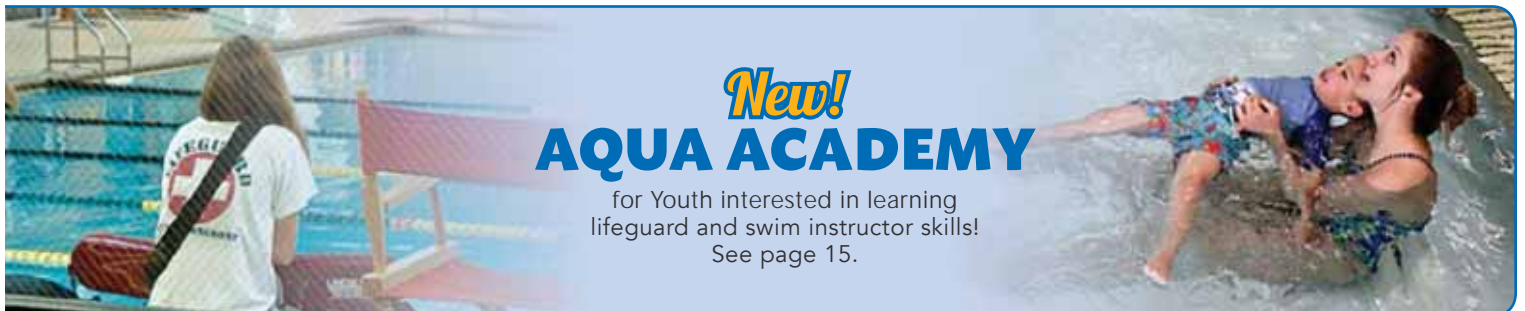
Location: Centennial Pool, 1201 Alpine St

Sunset Pool Swordfish

Dates: **Jun 3-Aug 9, Mon-Fri** **No Practice 7/4*
Parents Meeting: Jun 7, Wed, 8:30am
Meets: 6/22 in Windsor, 7/13 in Berthoud, 7/25 in Vista Ridge, 7/28 at Home (Sunset Pool)

6-9 yrs:	8:40-9:25am	331112.1A	\$187.50/\$234
9-12 yrs:	8:30-9:30am	331113.1A	\$200/\$250
10-18 yrs:	7:15-8:30am	331114.1A	\$212.50/\$265

Location: Sunset Pool, 1900 Longs Peak Ave



New! AQUA ACADEMY

for Youth interested in learning lifeguard and swim instructor skills!
See page 15.