

## 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](http://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](http://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)

#### Please note:

Swim lessons do not include facility open swim admittance fees; please plan to pay admittance fees to attend open swim.

### 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.

## TEEN & ADULT CLASSES

### 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.

## SWIM LESSONS PREVENT DROWNINGS

According to the American Academy of Pediatrics, children enrolled in formal swimming lessons have an 88% reduced risk of drowning.



### 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 CENTENNIAL POOL

## SATURDAY MORNING

	Time	Ssn 1	Ssn 2
	<b>Date</b>	9/7-10/26	11/2-12/14
	<b>Fee</b>	\$38/\$47.50	\$33.25/\$41.50
<b>Turtle</b>	10:05 AM	420621.1A	420621.2A
<b>Alligator</b>	10:55 AM	420622.1A	420622.2A
<b>Seal</b>	10:40 AM	420623.1A	420623.2A
<b>Level 1</b>	11:40 AM	420631.1A	420631.2A
<b>Level 2</b>	11:10 AM	420632.1A	420632.2A
<b>Level 3</b>	10:35 AM	420633.1A	420633.2A
<b>Level 4</b>	10:00 AM	420634.1A	420634.2A
	<b>Fee</b>	\$50/\$62.50	\$43.75/\$54.75
<b>Beginning Blast</b>	9:30 AM	420640.1A	420640.2A
<b>Blast 1</b>	10:00 AM	420641.1A	420641.2A
<b>Blast 2</b>	10:50 AM	420642.1A	420642.2A

## SMALL CLASSES - SAT AM

	Time	Ssn 1	Ssn 2
	<b>Date</b>	9/7-10/26	11/2-12/14
	<b>Fee</b>	\$80/\$100	\$70/\$87.50
<b>Turtle</b>	11:30 AM	420621.S1	420621.S2
<b>Alligator</b>	9:30 AM	420622.S1	420622.S2
<b>Seal</b>	10:20 AM	420623.S1	420623.S2
	<b>Fee</b>	\$96/\$120	\$84/\$105
<b>Beginning Blast</b>	11:15 AM	420640.S1	420640.S2

## SUNDAY AFTERNOON

	Time	Ssn 1	Ssn 2
	<b>Date</b>	9/8-10/27	11/3-12/15
	<b>Fee</b>	\$38/\$47.50	\$33.25/\$41.50
<b>Water Explorers</b>	4:10 PM	420714.1A	420714.2A
<b>Turtle</b>	3:50 PM	420721.1A	420721.2A
<b>Alligator</b>	3:00 PM	420722.1A	420722.2A
<b>Seal</b>	4:25 PM	420723.1A	420723.2A
<b>Level 1</b>	4:25 PM	420731.1A	420731.2A
<b>Level 2</b>	3:00 PM	420732.1A	420732.2A
<b>Level 3</b>	3:00 PM	420733.1A	420733.2A
	<b>Fee</b>	\$50/\$62.5	\$43.75/\$54.75
<b>Beginning Blast</b>	3:00 PM	420740.1A	420740.2A
<b>Blast 1</b>	3:35 PM	420741.1A	420741.2A
<b>Blast 2</b>	4:25PM	420742.1A	420742.2A
<b>Blast 3</b>	3:35 PM	420743.1A	420743.2A

## MONDAY & WEDNESDAY MORNING

	Time	Ssn 1	Ssn 2	Ssn 3	Ssn 4
<i>*Starts on Wed</i>	<b>Date</b>	9/4-9/25*	9/30-10/23	10/28-11/20	12/2-12/18
	<b>Fee</b>	\$33.25/\$41.50	\$38/\$47.50	\$38/\$47.50	\$28.50/\$35.75
<b>Water Explorers</b>	9:05 AM	420014.1A	420014.2A	420014.3A	420014.4A
<b>Turtle</b>	9:40 AM	420021.1A	420021.2A	420021.3A	420021.4A
<b>Alligator</b>	10:15 AM	420022.1A	420022.2A	420022.3A	420022.4A
<b>Seal</b>	10:50 AM	420023.1A	420023.2A	420023.3A	420023.4A

## MONDAY & WEDNESDAY EVENING

	Time	Ssn 1	Ssn 2	Ssn 3	Ssn 4
<i>*Starts on Wed</i>	<b>Date</b>	9/4-9/25*	9/30-10/23	10/28-11/20	12/2-12/18
	<b>Fee</b>	\$33.25/\$41.50	\$38/\$47.50	\$38/\$47.50	\$28.50/\$35.75
<b>Turtle</b>	4:45 PM	420121.1A	420121.2A	420121.3A	420121.4A
	5:30 PM	420121.1B	420122.2B		
<b>Alligator</b>	4:45 PM	420122.1A	420122.2A	420122.3A	420122.4A
	6:05 PM	420122.1B	420122.2B		
<b>Seal</b>	5:20 PM	420123.1A	420123.2A	420123.3A	420123.4A
<b>Level 1</b>	5:20 PM	420131.1A	420131.2A	420131.3A	420131.4A
<b>Level 2</b>	4:45 PM	420132.1A	420132.2A	420132.3A	420132.4A
<b>Level 3</b>	5:20 PM	420133.1A	420133.2A	420133.3A	420133.4A
<b>Level 4</b>	5:55 PM	420134.1A	420134.2A		
	<b>Fee</b>	\$43.75/\$54.75	\$50/\$62.50	\$50/\$62.50	\$37.50/\$47
<b>Beginning Blast</b>	4:40 PM	420140.1A	420140.2A	420140.3A	420140.4A
	5:55 PM	420140.1B	420140.2B		
<b>Blast 1</b>	4:20 PM	420141.1A	420141.2A	420141.3A	420141.4A
	5:55 PM	420141.1B	420141.2B	420141.3B	420141.4B
<b>Blast 2</b>	5:10 PM	420142.1A	420142.2A	420142.3A	420142.4A
	5:10 PM	420142.1A	420142.2A		
<b>Blast 3</b>	6:00 PM	420143.1A	420143.2A	420143.3A	420143.4A
	6:00 PM	420143.1A	420143.2A		

## SMALL CLASSES - MW

	Time	Ssn 3	Ssn 4
<i>*Starts on Wed</i>	<b>Date</b>	10/29-11/14	12/2-12/18
	<b>Fee</b>	\$80/\$100	\$60/\$75
<b>Turtle</b>	4:45 PM	420121.S3	420121.S4
<b>Alligator</b>	5:20 PM	420122.S3	420122.S4
<b>Seal</b>	5:55 PM	420123.S3	420123.S4
	<b>Fee</b>	\$96/\$120	\$72/\$90
<b>Beginning Blast</b>	4:35 PM	420140.S3	420140.S4

## SMALL CLASSES - SUN PM

	Time	Ssn 1	Ssn 2
	<b>Date</b>	9/8-10/27	11/3-12/15
	<b>Fee</b>	\$80/\$100	\$70/\$87.50
<b>Turtle</b>	3:50PM	420721.S1	420721.S2
<b>Alligator</b>	3:00pm	420722.S1	420722.S2
<b>Seal</b>	3:35PM	420723.S1	420723.S2
	<b>Fee</b>	\$96/\$120	\$84/\$105
<b>Beginning Blast</b>	3:00pm	420740.S1	420740.S2



**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

## SUNDAY MORNING

	Time	Ssn 1	Ssn 2
	Date	9/8-10/27	11/3-12/15
	Fee	\$38/\$47.50	\$33.25/\$41.50
Aquababy	9:20 AM	410711.1A	410711.2A
Aquatot	9:55 AM	410712.1A	410712.2A
Water Explorers	8:45 AM	410714.1A	410714.2A
	10:30 AM	410714.1B	410714.2B
Turtle	8:45 AM	410721.1A	410721.2A
	9:20 AM	410721.1B	410721.2B
	9:55 AM	410721.1C	410721.2C
	10:30 AM	410721.1D	410721.2D
Alligator	8:45 AM	410722.1A	410722.2A
	9:20 AM	410722.1B	410722.2B
	9:55 AM	410722.1C	410722.2C
	10:30 AM	410722.1D	410722.2D
Seal	8:45 AM	410723.1A	410723.2A
	9:20 AM	410723.1B	410723.2B
	9:55 AM	410723.1C	410723.2C
Level 1	10:30 AM	410731.1A	410731.2A
Level 2	9:20 AM	410732.1A	410732.2A
	9:55 AM	410732.1B	410732.2B
Level 3	8:30 AM	410733.1A	410733.2A
	9:55 AM	410733.1B	410733.2B
Level 4	9:20 AM	410734.1A	410734.2A
	9:55 AM	410734.1B	410734.2B
	Fee	\$50/\$62.50	\$43.75/\$54.75
Beginning Blast	8:30 AM	410740.1A	410740.2A
	10:30 AM	410740.1B	410740.2B
Blast 1	9:20 AM	410741.1A	410741.2A
	10:10 AM	410741.1B	410741.2B
Blast 2	8:30 AM	410742.1A	410742.2A
	10:30 AM	410742.1B	410742.2B
Blast 3	9:05 AM	410743.1A	410743.2A
Teen 1	8:30 AM	410751.1A	410751.2A
Adult 1	7:40 AM	410761.1A	410761.2A
Adult 2	7:40 AM	410762.1A	410762.2A

## WEDNESDAY AFTERNOON

	Time	Ssn 1	Ssn 2
	Date	9/4-10/16	10/23-12/18
	Fee	\$33.25/\$41.50	\$38/\$47.50
Turtle	12:35 PM	410421.1A	410421.2A
Alligator	1:10 PM	410422.1A	410422.2A
Seal	12:00 PM	410423.1A	410423.2A

### SMALL CLASSES - WED PM @ LRC

*No class 11/27	Time	Ssn 1	Ssn 2
	Date	9/4-10/16	10/23-12/18
	Fee	\$70/\$87.50	\$80/\$100
Turtle	12:00 PM	410421.S1	410421.S2
Alligator	12:35 PM	410422.S1	410422.S2
Seal	1:10 PM	410423.S1	410423.S2

## TUESDAY AFTERNOON

	Time	Ssn 1	Ssn 2
*No class 11/26	Date	9/3-10/15	10/22-12/10*
	Fee	\$33.25/\$41.50	\$33.25/\$41.50
Turtle	4:15 PM	410321.1A	410321.2A
	5:25 PM	410321.1B	410321.2B
Alligator	4:15 PM	410322.1A	410322.2A
	4:50 PM	410322.1B	410322.2B
Seal	4:50 PM	410323.1A	410323.2A
Level 1	4:50 PM	410331.1A	410331.2A
Level 2	4:15 PM	410332.1A	410332.2A
	4:50 PM	410332.1B	410332.2B
Level 3	4:15 PM	410333.1A	410333.2A
	4:50 PM	410333.1B	410333.2B
Level 4	4:15 PM	410334.1A	410334.2A
	Fee	\$43.75/\$54.75	\$43.75/\$54.75
Beg Blast	5:25 PM	410340.1A	410340.2A
Blast 1	5:25 PM	410341.1A	410341.2A
Blast 2	5:25 PM	410342.1A	410342.2A

### SMALL CLASS - TUE PM @ LRC

*No class 11/26	Time	Ssn 1	Ssn 2
	Date	9/3-10/15	10/22-12/10*
	Fee	\$70/\$87.50	\$70/\$87.50
Turtle	4:50 PM	410321.S1	410321.S2
Alligator	5:25 PM	410322.S1	410322.S2
Seal	5:25 PM	410323.S1	410323.S2
	Fee	\$84/\$105	\$84/\$105
Beg Blast	4:00 PM	410340.S1	410340.S2

## TUESDAY & THURSDAY MORNING

	Time	Ssn 1	Ssn 2	Ssn 3	Ssn 4
	Date	9/3-9/26	10/1-10/24	10/29-11/21	12/3-12/19
	Fee	\$19/\$23.75	\$19/\$23.75	\$19/\$23.75	\$14.25/\$17.75
Aquababy - Tues	9:30AM	410211.1A	410211.2A	410211.3A	410211.4A
Aquatot - Thur	9:30AM	410212.1A	410212.2A	410212.3A	410212.4A
	Fee	\$38/\$47.50	\$38/\$47.50	\$38/\$47.50	\$28.50/\$35.75
Water Explorers	9:30AM	410214.1A	410214.2A	410214.3A	410214.4A
Turtle	10:05 AM	410221.1A	410221.2A	410221.3A	410221.4A
Alligator	11:15 AM	410222.1A	410222.2A	410222.3A	410222.4A
Seal	10:40 AM	410223.1A	410223.2A	410223.3A	410223.4A

### SMALL CLASSES - TU & TH AM @ LRC

	Time	Ssn 1	Ssn 2	Ssn 3	Ssn 4
	Date	9/3-9/26	10/1-10/24	10/29-11/21	12/3-12/12
	Fee	\$80/\$100	\$80/\$100	\$80/\$100	\$60/\$75
Turtle	10:40 AM	410221.S1	410221.S2	410221.S3	410221.S4
Alligator	10:05AM	410222.S1	410222.S2	410222.S3	410222.S4
Seal	11:15AM	410223.S1	410223.S2	410223.S3	410223.S4