



## CENTENNIAL POOL

1201 Alpine Street | 303-651-8406

**CLOSED:** April 12, Sun, Easter  
May 23-25, Sat-Mon, Memorial Weekend  
July 4, Sat, 4th of July

### Summer Hours May 26-August 15

#### Fitness Room

Mon-Thurs 5:15am-8pm  
Friday 5:15am-6pm  
Saturday 9am-4pm  
Sunday 1-5:30pm

#### Open Swim

Mon-Sat 12-4pm  
Sun 1-3pm

#### Lap Swim\*

Mon-Fri 5:15am-4pm  
Saturday 9am-4pm  
Sunday 1-5:30pm

*\*Lap swims may share pool space with other activities and as few as two lanes may be available. Circle swimming is encouraged. The facility will close 15 minutes after the last swimming session. Please plan your shower/ changing times accordingly.*

### Spring Hours Through May 22

#### Fitness Room

Mon-Thurs 5:15am-8pm  
Friday 5:15am-6:30pm  
Saturday 7am-3pm  
Sunday 10am-5:30pm

#### Open Swim

Mon-Sun 12-3pm

#### Lap Swim\*

Mon-Fri 5:15am-3pm  
Saturday 8am-3pm  
Sunday 10am-5:30pm

*\*Lap swims may share pool space with other activities and as few as two lanes may be available. Circle swimming is encouraged. The facility will close 15 minutes after the last swimming session. Please plan your shower/ changing times accordingly.*



## 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!

### An Aquatic-Centric Fitness Facility Offering:

- A pool with six 25-yard lap lanes, wading area and deep end with two 1-meter diving boards.
- Large windows and skylights provide natural lighting for a calm yet energizing lap swim experience.
- A fitness room overlooking the pool with treadmills, Lifecycles, elliptical equipment, and a cable resistance weight machine.

## RENTAL OPTIONS AT CENTENNIAL POOL

### Multipurpose Room Rental

Rent the multipurpose room at Centennial Pool during regular facility hours. Rental includes use of tables and chairs. Contact 303-651-8406 to reserve the room. Rental fee is non-refundable.

**Multipurpose Room Fee:** \$27 for up to 2 hours + prescheduled group rate for all who swim or work out

### Private Rental at Centennial Pool

Hold your own special event at Centennial Pool! Rental time is started when the facility is open to the group and ends when the facility is empty and locked at the completion of the rental. When making your reservation consider the time needed to set up decorations as well as the shower time of your guests. Prices can be adjusted to accommodate this extra time. The entire rental fee is due when making the reservation, ½ is refundable if you choose to cancel.

**Saturdays after 3pm, Sundays after 5:30pm**

**Fee:** \$110/hour includes Pool Manager + \$15/hr per lifeguard

## MAY SWIM LESSONS

### Monday & Wednesday Morning

	Time	Ssn 5
	Date	4/27-5/13
	Fee	\$28.50/\$35.75
Water Explorers	9:05AM	220014.5A
Turtle	9:40AM	220021.5A
Alligator	10:15AM	220022.5A
Seal	10:50AM	220023.5A

### SMALL CLASSES

#### Mon & Wed Afternoon

	Time	Ssn 5
	Date	4/27-5/13
	Fee	\$60/\$75
Turtle	4:45 PM	220121.S5
Alligator	5:20 PM	220122.S5
Seal	5:55 PM	220123.S5

#### Small Class Blast Fees

	Fee
Beginning Blast	\$72/\$90

### Monday & Wednesday Evening

	Time	Ssn 5
	Date	4/27-5/13
	Fee	\$28.50/\$35.75
Turtle	5:20 PM	220121.5A
Alligator	4:45 PM	220122.5A
Seal	4:45 PM	220123.5A
Level 1	5:20 PM	220131.5A
Level 2	5:55 PM	220132.5A
Level 3	5:55PM	220133.5A
<b>Blast Fees</b>		
	Fee	\$37.50/\$47
Beginning Blast	5:25 PM	220140.5A
Blast 1	4:20 PM	220141.5A
Blast 2	5:10 PM	220142.5A
Blast 3	6:00 PM	220143.5A



## 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 5/23, 5/25, or 7/4

### Masters

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

Location through May 30: Centennial Pool, 1201 Alpine St  
Location June 1-Aug 15: Sunset Pool, 1900 Longs Peak Ave

### Tue/Thur 12-1pm

Location through May 21: Longmont Recreation Center, 310 Quail Rd  
Location May 26-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 27-30, Wed-Sat, 8:30am-5:30pm** 221241.1

Location: Centennial Pool, 1201 Alpine St  
Fees: \$180 resident/\$215 non-resident/  
\$85 pending employees

### 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 3 & 4, Wed & Thurs, 9:30am-5:30pm** 321243.1

Location: Sunset Pool, 1900 Longs Peak Ave

15 & up: **Jul 8 & 9, Wed & Thurs, 9:30am-5:30pm** 321243.2

Location: Longmont Recreation Center, 310 Quail Rd  
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 16 & 18, Tue & Thurs, 9:30-11:30am** 331242.1

**Jul 14 & 16, Tue & Thurs, 9:30-11:30am** 331242.2

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



## 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, retrieve 10# brick from bottom of pool and swim 20 yards. Learn the basics of lifeguard skills and practices. First Aid and CPR/AED for the Professional rescuer are included. Contact Luke for pending employee discount information: 303-774-4759 or luke.diede@longmontcolorado.gov.

15 & up: **Apr 24-26, Fri 4-9:30pm/S&S 8-8pm** 221211.2A  
 Location: Longmont Recreation Center, 310 Quail Rd

15 & up: **Jun 7-10, Su/M/Tu/W, 8am-4pm** 331212.2A  
**Aug 2-5, Su/M/Tu/W, 8am-4pm** 331212.3A

Location: Sunset Pool, 1900 Longs Peak Ave  
 Fee: \$45 future City of Longmont employee/  
 \$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: **May 9, Sat, 8-1pm** 311211.1A

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

15 & up: **June 11, Thurs, 8-1pm** 311211.2A

**Aug 6, Thurs, 8-1pm** 311211.3A

Location: Sunset Pool, 1900 Longs Peak Ave  
 Fee: \$60 resident/\$75 non-resident

## Jr 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! Admission fees for each facility are included; open swim starts at 1pm on class days.

11-15 yrs: **Jun 16-19, Tue-Fri, 10am-1pm** 331215.1A

Location: Tue-LRC, Wed & Thurs-Sunset, Fri-Union

11-15 yrs: **Jul 21-24, Tue-Fri, 10am-1pm** 331215.1B

Location: Tue at Longmont Recreation Ctr, 310 Quail Rd  
 Wed at Sunset Pool, 1900 Longs Peak Ave  
 Thurs at Centennial Pool, 1201 Alpine St  
 Fri at Union Reservoir, 0461 WCR 26  
 Fee: \$75 resident/\$90 non-resident

## Jr Lifeguard Bootcamp

Learn what it takes to be a Lifeguard! Combines material in Jr Lifeguard Class with certification in American Red Cross CPR/AED.

12-15 yrs: **Jun 30-Jul 3, Tue-Fri, 10am-2pm** 331216.1A

Location: Tue at Longmont Recreation Ctr, 310 Quail Rd  
 Wed at Sunset Pool, 1900 Longs Peak Ave  
 Thurs at Centennial Pool, 1201 Alpine St  
 Fri at Union Reservoir, 0461 WCR 26  
 Fee: \$105 resident/\$131.25 non-resident

## Babysitter Training

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



11-16 yrs: **May 16, Sat, 8-3pm** 321231.1

Location: Centennial Pool, 1201 Alpine St

11-16 yrs: **Jun 5, Fri, 9am-4pm** 321231.2

**Jun 27, Sat, 9-4pm** 321231.3

**Jul 11, Sat, 9-4pm** 321231.4

**Jul 23, Thurs, 9-4pm** 321231.5

**Aug 1, Sat, 9-4pm** 321231.6

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.

12-19 yrs: **Jun 20 & 21, Sat & Sun, 9am-2pm** 321232.1

**Jul 17 & 18, Fri 9am-12pm & Sat 9am-4pm** 321232.2

Location: Sunset Pool, 1900 Longs Peak Ave

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

## CPR & AED/First Aid

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

12 & up: **May 2, Fri, 8-2pm** 311223.1A

Location: Centennial Pool, 1201 Alpine St

12 & up: **Jun 14, Sun, 8-2pm** 311223.1B

**Jul 20 & 22, M & W, 5:30-8:30pm** 311223.1C

**Aug 8, Sat, 8-2pm** 311223.1D

Location: Sunset Pool, 1900 Longs Peak Ave

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

## Private Group American Red Cross Classes

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



## FIGHT THE BITE!

The mosquito-borne West Nile virus can cause serious illness, even death. The City contracts for monitoring of several local areas throughout summer, and spraying is used when mosquitoes that carry West Nile virus are detected. To stay informed about monitoring results, the spraying schedule, and things you can do to prevent West Nile virus, visit [LongmontColorado.gov/WestNile](http://LongmontColorado.gov/WestNile).

- ✓ Use DEET or an alternative
- ✓ Dress in long sleeves and pants
- ✓ Stay inside from dusk to dawn
- ✓ Drain standing water



## Learn to Swim WITH LONGMONT RECREATION

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 form to receive the Private Swim Lesson Guide.

Fees are paid at time of first lesson.

Private Instruction Rates:

	30 min	45 min
1 lesson:	\$30r/\$37.50nr	\$40r/\$50nr
5 lessons:	\$140r/\$177.50nr	\$185r/\$235nr
10 lessons:	\$270r/\$345nr	\$360r/\$460nr
Semi-Private Instruction Rates: (max 3 students)		
	30 min	45 min
1 lesson:	\$40r/\$50nr	\$50r/\$62.50nr
5 lessons:	\$185r/\$235nr	\$235r/\$297.50nr
10 lessons:	\$360r/\$460nr	\$460r/\$595.50nr

### 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!**



# Outdoor Lessons SUNSET POOL

Tuesday & Thursday Evenings					
	Time	Ssn 1	Ssn 2	Ssn 3	
	<b>Date</b>	6/2-6/18	6/23-7/16	7/21-8/6	
	<b>Fee</b>	\$28.50/\$35.75	\$38/\$47.50	\$28.50/\$35.75	
<b>Aquatot</b>	6:05 PM	330212.1A	330212.2A	330212.3A	
<b>Turtle</b>	5:35 PM	330221.1A	330221.2A	330221.3A	
	6:10 PM	330221.1B	330221.2B	330221.3B	
<b>Alligator</b>	5:35 PM	330222.1A	330222.2A	330222.3A	
	6:10 PM	330222.1B	330222.2B	330222.3B	
	6:45 PM	330222.1C	330222.2C	330222.3C	
<b>Seal</b>	6:45 PM	330223.1A	330223.2A	330223.3A	
<b>Level 1</b>	6:45 PM	330231.1A	330231.2A	330231.3A	
<b>Level 2</b>	5:30 PM	330232.1A	330232.2A	330232.3A	
	6:10 PM	330232.1B	330232.2B	330232.3B	
<b>Level 3</b>	5:35 PM	330233.1A	330233.2A	330233.3A	
	6:05PM	330233.1B	330233.2B	330233.3B	
<b>Level 4</b>	5:30 PM	330234.1A	330234.2A	330234.3A	
	<b>Fee</b>	\$37.50/\$47	\$50/\$62.50	\$37.50/\$47	
<b>Beginning Blast</b>	5:35 PM	330240.1A	330240.2A	330240.3A	
<b>Blast 1</b>	6:25 PM	330241.1A	330241.2A	330241.3A	
<b>Blast 2</b>	6:25 PM	330242.1A	330242.2A	330242.3A	
<b>Blast 3</b>	5:35 PM	330243.1A	330243.2A	330243.3A	
<b>Teen 1</b>	6:40 PM	330251.1A	330251.2A	330251.3A	
<b>Teen 2</b>	6:40 PM	330252.1A	330252.2A	330252.3A	
<b>Teen 2</b>	7:00 PM	330252.1A	330252.2A	330252.3A	

### 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 admittance fees to attend open swim.

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

Monday - Thursday Mornings						
	Time	Ssn 1	Ssn 2	Ssn 3	Ssn 4	Ssn 5
	<b>Date</b>	6/1-6/11	6/15-6/25	6/29-7/9	7/13-7/23	7/27-8/6
	<b>Fee</b>	\$38/\$47.50	\$38/\$47.50	\$38/\$47.50	\$38/\$47.50	\$38/\$47.50
<b>Turtle</b>	9:00 AM	330821.1A	330821.2A	330821.3A	330821.4A	330821.5A
	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
<b>Alligator</b>	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
<b>Seal</b>	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
<b>Level 1</b>	9:05AM	330831.1A	330831.2A	330831.3A	330831.4A	330831.5A
	9:25 AM	330831.1B	330831.2B	330831.3B	330831.4B	330831.5B
<b>Level 2</b>	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
<b>Level 3</b>	8:50 AM	330833.1A	330833.2A	330833.3A	330833.4A	330833.5A
	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
<b>Level 4</b>	8:50 AM	330834.1A	330834.2A	330834.3A	330834.4A	330834.5A
	10:00 AM	330834.1B	330834.2B	330834.3B	330834.4B	330834.5B
	<b>Fee</b>	\$50/\$62.50	\$50/\$62.50	\$50/\$62.50	\$50/\$62.50	\$50/\$62.50
<b>Beginning Blast</b>	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
<b>Blast 1</b>	9:25 AM	330841.1A	330841.2A	330841.3A	330841.4A	330841.5A
	10:30 AM	330841.1B	330841.2B	330841.3B	330841.4B	330841.5B
<b>Blast 2</b>	9:40 AM	330842.1A	330842.2A	330842.3A	330842.4A	330842.5A
	10:15 AM	330842.1B	330842.2B	330842.3B	330842.4B	330842.5B
<b>Blast 3</b>	10:35 AM	330843.1A	330843.2A	330843.3A	330843.4A	330843.5A
<b>Teen 1</b>	10:35 AM	330851.1A	330851.2A	330851.3A	330851.4A	330851.5A
<b>Teen 2</b>	10:35 AM	330852.1A	330852.2A	330852.3A	330852.4A	330852.5A
<b>Teen 1</b>	10:35 AM	330851.1A	330851.2A	330851.3A	330851.4A	330851.5A
<b>Teen 2</b>	10:35 AM	330852.1A	330852.2A	330852.3A	330852.4A	330852.5A
<b>M/W Morning</b>	<b>Date</b>	6/1-6/10	6/15-6/24	6/29-7/8	7/13-7/22	7/27-8/5
	<b>Fee</b>	\$28.50/\$35.75	\$28.50/\$35.75	\$28.50/\$35.75	\$28.50/\$35.75	\$28.50/\$35.75
<b>Aquatot M/W</b>	9:25 AM	330812.1A	330812.2A	330812.3A	330812.4A	330812.5A
<b>T/Th Mornings</b>	<b>Date</b>	6/2-6/11	6/16-6/25	6/30-7/9	7/14-7/23	7/28-8/6
	<b>Fee</b>	\$19/\$23.75	\$19/\$23.75	\$19/\$23.75	\$19/\$23.75	\$19/\$23.75
<b>Aquababy T/R</b>	9:25 AM	330811.1A	330811.2A	330811.3A	330811.4A	330811.5A
<b>Water Ex-T/R</b>	10:50 AM	330814.1A	330814.2A	330814.3A	330814.4A	330814.5A

SMALL CLASS   Monday - Thursday Mornings						
	Time	Ssn 1	Ssn 2	Ssn 3	Ssn 4	Ssn 5
	<b>Date</b>	6/1-6/11	6/15-6/25	6/29-7/9	7/13-7/23	7/27-8/6
	<b>Fee</b>	\$80/\$100	\$80/\$100	\$80/\$100	\$80/\$100	\$80/\$100
<b>Turtle</b>	9:35 AM	330821.S1	330821.S2	330821.S3	330821.S4	330821.S5
<b>Alligator</b>	9:00 AM	330822.S1	330822.S3	330822.S5	330822.S7	330822.S9
	10:10 AM	330822.S2	330822.S4	330822.S6	330822.S8	330822.S0
<b>Seal</b>	10:45 AM	330823.S1	330823.S2	330823.S3	330823.S4	330823.S5
<b>Level 1</b>	10:15 AM	330831.S1	330831.S2	330831.S3	330831.S4	330831.S5
<b>Level 2</b>	9:40 AM	330832.S1	330832.S2	330832.S3	330832.S4	330832.S5
	<b>Fee</b>	\$96/\$120	\$96/\$120	\$96/\$120	\$96/\$120	\$96/\$120
<b>Beg Blast</b>	8:50 AM	330840.S1	330840.S2	330840.S3	330840.S4	330840.S5



## 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	5/31-7/5	7/12-8/9
	Fee	\$28.50/\$35.50	\$23.75/\$29.75
<b>Aquababy</b>	9:20 AM	310711.1A	310711.2A
<b>Aquatot</b>	9:55 AM	310712.1A	310712.2A
<b>Water Ex</b>	9:55 AM	310714.1A	310714.2A
	10:30 AM	310714.1B	310714.2B
<b>Turtle</b>	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
<b>Alligator</b>	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
<b>Seal</b>	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
<b>Level 1</b>	9:20 AM	310731.1A	310731.2A
	10:30 AM	310731.1B	310731.2B
<b>Level 2</b>	9:20 AM	310732.1A	310732.2A
	9:55 AM	310732.1B	310732.2B
<b>Level 3</b>	9:20 AM	310733.1A	310733.2A
	9:55 AM	310733.1B	310733.2B
<b>Level 4</b>	9:20 AM	310734.1A	310734.2A
	9:55 AM	310734.1B	310734.2B
	Fee	\$37.50/\$47	\$31.25/\$39.25
<b>Beginning Blast</b>	8:30 AM	310740.1A	310740.2A
	10:30 AM	310740.1B	310740.2B
<b>Blast 1</b>	8:30 AM	310741.1A	310741.2A
	10:30 AM	310741.1B	310741.2B
<b>Blast 2</b>	8:30 AM	310742.1A	310742.2A
<b>Blast 3</b>	10:30 AM	310743.1A	310743.2A
<b>Teen 1</b>	8:30 AM	310751.1A	310751.2A
<b>Teen 2</b>	8:30 AM	310752.1A	310752.2A
<b>Adult 1</b>	7:40 AM	310761.1A	310761.2A
<b>Adult 2</b>	7:40 AM	310762.1A	310762.2A

## TUESDAY AFTERNOON

	Time	Ssn 1	Ssn 2
	Date	5/26-6/30	7/7-8/4
	Fee	\$28.50/\$35.50	\$23.75/\$29.75
<b>Turtle</b>	4:15 PM	310321.1A	310321.2A
	5:25 PM	310321.1B	310321.2B
<b>Alligator</b>	4:50 PM	310322.1A	310322.2A
	5:25 PM	310322.1B	310322.2B
<b>Seal</b>	4:50 PM	310323.1A	310323.2A
<b>Level 1</b>	4:50 PM	310331.1A	310331.2A
<b>Level 2</b>	4:15 PM	310332.1A	310332.2A
	4:50 PM	310332.1B	310332.2B
<b>Level 3</b>	4:15 PM	310333.1A	310333.2A
	4:50 PM	310333.1B	310333.2B
<b>Level 4</b>	4:15 PM	310334.1A	310334.2A
	Fee	\$37.50/\$47	\$31.25/\$39.25
<b>Beg Blast</b>	5:25 PM	310340.1A	310340.2A
<b>Blast 1</b>	5:25 PM	310341.1A	310341.2A
<b>Blast 2</b>	5:25 PM	310342.1A	310342.2A

## SMALL CLASSES TUESDAY AFTERNOONS

	Time	Ssn 1	Ssn 2
	Date	5/26-6/30	7/7-8/4
	Fee	\$60/\$75	\$50/\$62.50
<b>Turtle</b>	4:50 PM	310321.S1	310321.S2
<b>Alligator</b>	4:15 PM	310322.S1	310322.S2
<b>Seal</b>	5:25 PM	310323.S1	310323.S2
	Fee	\$72/\$90	\$60/\$75
<b>Beg Blast</b>	4:00 PM	310340.S1	310340.S2



## THURSDAY AFTERNOON

	Time	Ssn 1	Ssn 2
	Date	5/28-7/2	7/9-8/6
	Fee	\$28.50/\$35.50	\$23.75/\$29.75
<b>Water Explorers</b>	4:10 PM	310514.1A	310514.2A
<b>Turtle</b>	4:10 PM	310521.1A	310521.2A
	4:45 PM	310521.1B	310521.2B
	5:20 PM	310521.1C	310521.2C
<b>Alligator</b>	4:10 PM	310522.1A	310522.2A
	4:45 PM	310522.1B	310522.2B
	5:20 PM	310522.1C	310522.2C
<b>Seal</b>	4:45 PM	310523.1A	310523.2A
<b>Level 1</b>	4:50 PM	310531.1A	310531.2A
	5:20PM	310531.1B	310531.2B
<b>Level 2</b>	5:25PM	310532.1A	310532.2A
<b>Level 3</b>	4:10 PM	310533.1A	310533.2A
<b>Level 4</b>	4:00 PM	310534.1A	310534.2A
	Fee	\$37.50/\$47	\$31.25/\$39.25
<b>Beginning Blast</b>	4:00 PM	310540.1A	310540.2A
	4:45 PM	310540.1B	310540.2B
<b>Blast 1</b>	5:35 PM	310541.1A	310541.2A
<b>Blast 2</b>	4:35 PM	310542.1A	310542.2A
<b>Blast 3</b>	5:25 PM	310543.1A	310543.2A

## TUESDAY & THURSDAY MORNING

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	5/26-6/18	6/23-7/16	7/21-8/6
	Fee	\$38/\$47.50	\$38/\$47.50	\$28.50/\$35.50
<b>Aquababy</b>	8:30 AM	310211.1A	310211.2A	310211.3A
<b>Aquatot</b>	9:05 AM	310212.1A	310212.2A	310212.3A
<b>Water Explorers</b>	9:40 AM	310214.1A	310214.2A	310214.3A
<b>Turtle</b>	10:15 AM	310214.1B	310214.2B	310214.3B
	8:30 AM	310221.1A	310221.2A	310221.3A
	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
<b>Alligator</b>	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
<b>Seal</b>	9:05 AM	310223.1A	310223.2A	310223.3A
	9:40 AM	310223.1B	310223.2B	310223.3B
<b>Level 1</b>	8:30 AM	310231.1A	310231.2A	310231.3A
	9:05 AM	310231.1B	310231.2B	310231.3B
<b>Level 2</b>	9:40 AM	310232.1A	310232.2A	310232.3A
<b>Level 3</b>	8:30AM	310233.1A	310233.2A	310233.3A
	Fee	\$50/\$62.50	\$50/\$62.50	\$37.50/\$47
<b>Beginning Blast</b>	8:20 AM	310240.1A	310240.2A	310240.3A
	9:45 AM	310240.1B	310240.2B	310240.3B
<b>Blast 1</b>	10:15 AM	310241.1A	310241.2A	310241.3A
<b>Blast 2</b>	10:15 AM	310242.1A	310242.2A	310242.3A
<b>Blast 3</b>	10:15 AM	310243.1A	310243.2A	310243.3A

### 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.





# Indoor Lessons

at CENTENNIAL POOL

## SWIM LESSONS



### MONDAY, WEDNESDAY & FRIDAY MORNINGS

	Time	Ssn 1	Ssn 2	Ssn 3	Ssn 4	Ssn 5
	Date	6/1-6/12	6/15-6/26	6/29-7/10	7/13-7/24	7/27-8/7
	Fee	\$28.50/\$35.50	\$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
	10:10 AM	320421.1B	320421.2B	320421.3B	320421.4B	320421.5B
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	9:35 AM	320431.1A	320431.2A	320431.3A	320431.4A	320431.5A
	10:10 AM	320431.1B	320431.2B	320431.3B	320431.4B	320431.5B
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
	10:25 AM	320433.1B	320433.2B	320433.3B	320433.4B	320433.5B
Level 4	9:00AM	320434.1A	320434.2A	320434.3A	320434.4A	320434.5A
	Fee	\$37.50/\$46.75	\$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

### SMALL CLASS

### MONDAY, WEDNESDAY & FRIDAY MORNINGS

	Time	Ssn 1	Ssn 2	Ssn 3	Ssn 4	Ssn 5
	Date	6/1-6/12	6/15-6/26	6/29-7/10	7/13-7/24	7/27-8/7
	Fee	\$60/\$75	\$60/\$75	\$60/\$75	\$60/\$75	\$60/\$75
Alligator	9:50 AM	320422.S1	320422.S2	320422.S3	320422.S4	320422.S5
		Fee	\$72/\$90	\$72/\$90	\$72/\$90	\$72/\$90
Beginning Blast	9:00 AM	320440.S1	320440.S2	320440.S3	320440.S4	320440.S5

### MONDAY & WEDNESDAY EVENINGS

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	5/27-6/17	6/22-7/15	7/20-8/5
	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	\$37.50/\$47	\$37.50/\$47	\$43.75/\$54.75
Beginning Blast	6:35 PM	320140.1A	320140.2A	320140.3A
Blast 1	7:10 PM	320141.1A	320141.2A	320141.3A
Blast 2	6:50 PM	320142.1A	320142.2A	320142.3A
Blast 3	6:00 PM	320143.1A	320143.2A	320143.3A

### SMALL CLASS | MON & WED EVENINGS

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	5/27-6/17	6/22-7/15	7/20-8/5
	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

### SUNDAY AFTERNOONS

	Time	Ssn 1	Ssn 2
	Date	5/31-7/5	7/12-8/9
	Fee	\$28.50/\$35.75	\$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	\$37.50/\$47	\$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

### SATURDAY MORNINGS

	Time	Ssn 1	Ssn 2
	Date	5/30-6/27	7/11-8/8
	Fee	\$23.75/\$29.75	\$23.75/\$29.75
Aqua Baby/Tot	9:25 AM	320613.1A	320613.2A
Turtle	10:00 AM	320621.1A	320621.2A
	11:10 AM	320621.1B	320621.2B
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	10:35 AM	320661.1A	320661.2A



### 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!

## CARA SWIM TEAM

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, 2020. 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:** Jun 1-Aug 5, Mon & Wed  
**Parent Meeting:** Jun 10, Wed, 5pm

Meets: TBA

6-8 yrs:	<b>4:15-5pm</b>	311112.1A	\$75/\$93.75
9-14 yrs:	<b>4:15-5:15pm</b>	311113.1A	\$80/\$100
	<b>5:05-6:05pm</b>	311113.1B	\$80/\$100
10-16 yrs:	<b>5:20-6:20pm</b>	311114.1A	\$80/\$100
11-18 yrs:	<b>6:25-7:25pm</b>	311115.1A	\$80/\$100

Location: Longmont Recreation Center, 310 Quail Rd

### Centennial Pool Tsunamis

**Dates:** Jun 2-Aug 6, Tue & Thurs  
**Parent Meeting:** Jun 11, Thurs, 6:45pm

Meets: TBA

6-10 yrs:	<b>6-6:45pm</b>	321112.1A	\$75/\$93.75
6-10 yrs:	<b>6:45-7:30pm</b>	321112.2A	\$75/\$93.75
9-14 yrs:	<b>6-7pm</b>	321113.1A	\$80/\$100
13-18 yrs:	<b>7-8pm</b>	321114.1A	\$80/\$100

Location: Centennial Pool, 1201 Alpine St

### Sunset Pool Swordfish

**Dates:** Jun 1-Aug 7, Mon-Fri  
**Parents Meeting:** Jun 5, Fri, 8:30am

Meets: TBA

6-9 yrs:	<b>8:30-9:15am</b>	331112.1A	\$187.50/\$234.50
9-12 yrs:	<b>8:30-9:30am</b>	331113.1A	\$200/\$250
10-18 yrs:	<b>7:10-8:25am</b>	331114.1A	\$212.50/\$266.50

Location: Sunset Pool, 1900 Longs Peak Ave

### 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.

8-18 yrs:	<b>Tue &amp; Thurs, 6:15-7:15pm</b>	
Sessions:	<b>Jun 2-25</b>	326440.1
	<b>Jun 30-Jul 23</b>	326440.2
	<b>Jul 28-Aug 13</b>	326440.3

Instructor: Geoff Hawksworth  
Location: Longmont Recreation Center, 310 Quail Rd  
Fee: \$100 resident/\$125 non-resident  
Drop-In Fee:\$15



### Skyhawks Mini-Hawk

This baseball, basketball and soccer program gives children a fun and positive first step into athletics. Through games and activities, campers explore balance, hand/eye coordination and skill development at their own pace.

### Skyhawks Track & Field

Combines technical development and fundamental techniques with safety with a major focus on fun! Using special equipment, our staff cover the fundamentals of body positioning, stride, proper stretching and cool down techniques.

### Skyhawks Beginner Tennis

Learn proper grips, footwork, strokes, volleys and serves, as well as the rules and etiquette that make tennis an exciting game. Programs fill quickly due to limited court space. Beginners camps use low compression balls.

### Skyhawks Indoor Volleyball

The fundamental skills of volleyball are taught through game-speed drills and daily scrimmages that focus on passing, setting, hitting and serving. This co-ed program is designed for the beginner and intermediate player.

### Skyhawks Indoor Basketball

A fun, skill-intensive program designed for the beginning to intermediate player. An active week of passing, shooting, dribbling and rebounding. Learn respect, teamwork and responsibility.

### Skyhawks Cheerleading

We teach the essential skills to lead crowds and support the home team! Learns cheers, proper hand & body movements and jumping techniques. The week concludes with a choreographed performance.

### Skyhawks Flag Football

Campers learn skills on both sides of the football including the core components of passing, catching and defense – all in a fun and positive environment. The week ends with the Skyhawks Super Bowl!

### Skyhawks Baseball

Learn the fundamentals of fielding, catching, throwing, hitting and base running in a fun, positive environment. Athletes learn new baseball skills along with vital life lessons. Bring baseball glove.