

## Swim Lesson Selection Guide

For swim lesson related questions, contact [swim@longmontcolorado.gov](mailto:swim@longmontcolorado.gov)

### WHICH LESSON IS RIGHT FOR MY CHILD?

#### 6 months to 3.5 years

AquaBaby | Aqua Tot 1-2



#### 3-5 years

Preschool Program | Beginning Blast



#### 6-12 years

Levels 1-4 | Blast Beginning -3 | CARA

#### 6 MONTHS TO 3.5 YEARS:

Does the child walk independently?

**NOT YET »**

Sign up for **AquaBaby**

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

**NOT YET »**

Sign up for **Aqua Tot 1**

**YES »**

Sign up for **Aqua Tot 2**

#### 3-5 YEARS:

Does the child enjoy putting their face in the water?

**NOT YET »**

Sign up for **Turtles**

Can the child do their front floats, then roll to their backs to breathe without assistance?

**NOT YET »**

Sign up for **Alligators**

Can the child make forward progress with their face in for 5 yards, while rolling to their back to breathe?

**NOT YET »**

Sign up for **Seal**

**YES »**

Sign up for **Beginning Blast**

#### 6-12 YEARS:

Does the child enjoy putting their face in the water?

**NOT YET »**

Sign up for **Level 1**

Can the child make forward progress with their face in the water for 5 yards, and roll to their back to breathe?

**NOT YET »**

Sign up for **Level 2**

Can the child swim 25 yards (1 length of the pool) while rolling over to breathe?

**NOT YET »**

Sign up for **Level 3** or **Beginning Blast**

Can the child swim 25 yds front crawl/free-style consistently breathing to the side?

**NOT YET »**

Sign up for **Blast 1**

Can the child swim 50 yards front crawl/free-style?

**NOT YET »**

Sign up for **Level 4** or **Blast 1** or **CARA Swim Team- Starters**

Can the child swim 50 yds front crawl/free-style, 50 yards backstroke, and 25 yards Breaststroke kick?

**NOT YET »**

Sign up for **Blast 2** or **CARA Swim Team- Starters**

Can the child swim 100 yds front crawl/free-style, 100 yards back stroke, 50 yards breaststroke & 25 yards butterfly

**NOT YET »**

Sign up for **Blast 3** or **CARA Swim Team**

**YES »**

Sign up for the **CARA Swim Team!**

#### 11-17 YEARS:

Can the teen swim 25 yards while rolling over to breathe?

**NOT YET »**

Sign up for **Teen 1**

**YES »**

**Teen 2**

#### 18+ YEARS

Can the adult swim 15 yards front and back stroke?

**NOT YET »**

**Adult 1**

Can the adult swim 25 yards front and back stroke comfortably?

**NOT YET »**

**Adult 2**

Looking to fine tune strokes for endurance?

**YES »**

**Adult 3** or **Beginning Masters**

## » SWIM LESSONS AT CENTENNIAL POOL

1201 Alpine St | 303-774-4700

### MONDAY & WEDNESDAY EVENING

30 Minute Classes	Time Date	Ssn 1 9/9-10/2 \$50/\$62.50		Ssn 2 10/7-10/30 \$50/\$62.50		30 Minute Classes	Time Date	Ssn 3* 11/4-12/4 \$50/\$62.50	
		Fee						Fee	
<b>Turtle</b>	4:45pm		420121.1A		420121.2A	<b>Turtle</b>	4:45pm		420121.3A
	5:20pm		420121.1B		420121.2B		<b>Alligator</b>	4:10pm	
<b>Alligator</b>	4:10pm		420122.1A		420122.2A			5:20pm	
	5:20pm		420122.1B		420122.2B	<b>Seal</b>	5:55pm		420123.3A
<b>Seal</b>	5:55pm		420123.1A		420123.2A		<b>Level 1</b>	5:55pm	
	<b>Level 1</b>	4:45pm		420131.1A		420131.2A	<b>Level 2</b>	5:20pm	
		5:55pm		420131.1B		420131.2B	<b>Level 3</b>	4:45pm	
<b>Level 2</b>	4:10pm		420132.1A		420132.2A	<b>Beginning Blast</b>	4:10pm		420140.3A
	5:20pm		420132.1B		420132.2B	<i>45 minute classes</i>	Fee		\$62/\$77.50
	5:55pm		420132.1C		420132.2C	<b>Blast 1</b>	4:00pm		420141.3A
<b>Level 3</b>	4:45pm		420133.1A		420133.2A	<b>Blast 2</b>	4:50pm		420142.3A
<b>Beginning Blast</b>	4:10pm		420140.1A		420140.2A	<b>Blast 3</b>	5:40pm		420143.3A
<i>45 minute classes</i>	Fee		\$62/\$77.50		\$62/\$77.50	<i>*No Class 11/25 &amp; 11/27</i>			
<b>Blast 1</b>	4:00pm		420141.1A		420141.2A				
<b>Blast 2</b>	4:50pm		420142.1A		420142.2A				
<b>Blast 3</b>	5:40pm		420143.1A		420143.2A				

### SATURDAY MORNING

30 Minute Classes	Time Date	Ssn 1 9/7-10/19 \$43.75/\$54.75		Ssn 2* 10/26-12/14 \$43.75/\$54.75	
		Fee			
<b>Turtle</b>	9:30am		420621.1A		420621.2A
<b>Alligator</b>	9:30am		420622.1A		420622.2A
	10:55am		420622.1B		420622.2B
<b>Seal</b>	10:40am		420623.1A		420623.2A
<b>Level 1</b>	10:05am		420631.1A		420631.2A
	11:15am		420631.1B		420631.2B
<b>Level 2</b>	10:40am		420632.1A		420632.2A
<b>Level 3</b>	9:30am		420633.1A		420633.2A
<b>Beginning Blast</b>	10:05am		420640.1A		420640.2A
	11:30am		420640.1B		420640.2B
<i>45 minute classes</i>	Fee		\$54.25/\$68		\$54.25/\$68
<b>Blast 1</b>	10:05am		420641.1A		420641.2A
<b>Blast 2</b>	11:15am		420642.1A		420642.2A

*\*No Class 11/30*



### SUNSET POOL MONDAY & WEDNESDAY EVENINGS

30 Minute Classes	Time Date	Ssn 4 8/12-8/28 \$37.50/\$47	
		Fee	
<b>Aqua Baby</b>	5:50pm		330211.4A
<b>Aqua Tot 1</b>	5:15pm		330212.4A
	5:10pm		330221.4A
<b>Turtle</b>	5:15pm		330221.4B
	6:20pm		330221.4C
	6:25pm		330221.4D
	5:15pm		330222.4A
<b>Alligator</b>	5:45pm		330222.4B
	5:50pm		330222.4C
	7:00pm		330222.4D
<b>Seal</b>	5:50pm		330223.4A
	7:00pm		330223.4B
<b>Level 1</b>	6:25pm		330231.4A
<b>Level 2</b>	7:00pm		330232.4A
<b>Beginning Blast</b>	6:25pm		330240.4A
	6:55pm		330240.4B
<i>45 minute classes</i>	Fee		\$46.50/58.25
<b>Blast 1</b>	5:05pm		330241.4A
<b>Blast 2</b>	5:55pm		330242.4A
<b>Blast 3</b>	6:45pm		330243.4A

# SWIM LESSONS

## » SWIM LESSONS AT LONGMONT RECREATION CENTER

310 Quail Rd | 303-774-4700

### TUESDAY & THURSDAY MORNING

30 Minute Classes	Time Date	Fee	Ssn 1	Ssn 2	Ssn 3	Ssn 4*
			9/10-9/26 \$37.50/\$47	10/1-10/17 \$37.50/\$47	10/22-11/7 \$37.50/\$47	11/12-12/12 \$50/\$62.50
<b>Aquababy</b>	9:00am		410211.1A	410211.2A	410211.3A	410211.4A
<b>Aqua Tot 1</b>	9:35am		410212.1A	410212.2A	410212.3A	410212.4A
<b>Aqua Tot 2</b>	10:10am		410213.1A	410213.2A	410213.3A	410213.4A
<b>Turtle</b>	10:10am		410221.1A	410221.2A	410221.3A	410221.4A
<b>Alligator</b>	9:00am		410222.1A	410222.2A	410222.3A	410222.4A
<b>Seal</b>	9:35am		410223.1A	410223.2A	410223.3A	410223.4A

\*No class on 11/26 & 11/28

### WEDNESDAY AFTERNOON

30 Minute Classes	Time Date	Fee	Ssn 1	Ssn 2
			9/11-10/23 \$43.75/\$54.75	10/30-12/11* \$43.75/\$54.75
<b>Turtle</b>	12:00pm		410421.1A	410421.2A
<b>Alligator</b>	12:35pm		410422.1A	410422.2A
<b>Seal</b>	1:10pm		410423.1A	410423.2A

\*No class 11/27

### SUNDAY MORNING

30 Minute Classes	Time Date	Fee	Ssn 1	Ssn 2
			9/8-10/20 \$43.75/\$54.75	10/27-12/15* \$43.75/\$54.75
<b>Aqua Baby</b>	8:30 AM		410711.1A	410711.2A
<b>Aqua Tot 1</b>	10:00 AM		410712.1A	410712.2A
<b>Aqua Tot 2</b>	9:05 AM		410713.1A	410713.2A
<b>Turtle</b>	8:10 AM		410721.1A	410721.2A
	8:45 AM		410721.1B	410721.2B
	9:20 AM		410721.1C	410721.2C
	9:35 AM		410721.1D	410721.2D
	9:55 AM		410721.1E	410721.2E
<b>Alligator</b>	8:45 AM		410722.1A	410722.2A
	9:00 AM		410722.1B	410722.2B
	9:20 AM		410722.1C	410722.2C
	10:30 AM		410722.1D	410722.2D
<b>Seal</b>	9:55 AM		410723.1A	310723.2A
	10:10 AM		410723.1B	310723.2B
<b>Level 1</b>	8:15 AM		410731.1A	410731.2A
<b>Level 2</b>	8:50 AM		410732.1A	410732.2A
<b>Level 2</b>	10:15 AM		410732.1B	410732.2B
<b>Level 3</b>	9:40 AM		410733.1A	410733.2A
<b>Level 4</b>	10:30 AM		410734.1A	410734.2A
<b>Beginning Blast</b>	8:25 AM		410740.1A	410740.2A
	10:45 AM		410740.1B	410740.2B
<b>Teen 1</b>	9:05 AM		410751.1A	410751.2A
<b>Adult 1</b>	9:25 AM		410761.1A	410761.2A
<b>45 minute classes</b>			\$54.25/\$68	\$54.25/\$68
<b>Blast 1</b>	9:05 AM		410741.1A	410741.2A
	9:40 AM		410741.1B	410741.2B
<b>Blast 2</b>	8:15 AM		410742.1A	410742.2A
<b>Blast 3</b>	9:55 AM		410743.1A	410743.2A
<b>Adult 2</b>	8:15 AM		410762.1A	410762.2A
<b>Adult 3</b>	7:25 AM		410763.1A	410763.2A

\*No class on 12/01



## TUESDAY EVENING

30 Minute Classes	Time Date	Ssn 1 9/10-10/22 Fee \$43.75/\$54.75	30 Minute Classes	Time Date	Ssn 2* 10/29-12/10 Fee \$43.75/\$54.75	
<b>Aqua Tot 1</b>	4:00pm	410312.1A	<b>Aqua Tot 1</b>	4:00pm	410312.2A	
<b>Turtle</b>	4:00pm	410321.1A	<b>Turtle</b>	4:00pm	410321.2A	
	4:35pm	410321.1B		5:25pm	410321.2B	
	5:25pm	410321.1C		4:35pm	410322.2A	
<b>Alligator</b>	4:00pm	410322.1A	<b>Alligator</b>	5:10pm	410322.2B	
	4:35pm	410322.1B		6:00pm	410322.2C	
	5:10pm	410322.1C		<b>Seal</b>	4:50pm	410323.2A
	6:00pm	410322.1D		<b>Level 1</b>	4:35pm	410331.2A
<b>Seal</b>	4:50pm	410323.1A	<b>Level 1</b>	5:45pm	410331.2B	
<b>Level 1</b>	4:35pm	410331.1A	<b>Level 2</b>	4:00pm	410332.2A	
	5:45pm	410331.1B		5:10pm	410332.2B	
<b>Level 2</b>	4:00pm	410332.1A	<b>Level 3</b>	4:35pm	410333.2A	
	5:10pm	410332.1B	<b>Level 4</b>	5:10pm	410334.2A	
<b>Level 3</b>	4:35pm	410333.1A	<b>Beginning Blast</b>	4:35pm	410340.2A	
<b>Level 4</b>	5:10pm	410334.1A	<b>45 minute classes</b>	Fee	\$54.25/\$68	
<b>Beginning Blast</b>	4:35pm	410340.1A	<b>Blast 1</b>	4:00pm	410341.2A	
<b>45 minute classes</b>	Fee	\$54.25/\$68	<b>Teen 2</b>	5:45pm	410352.2A	
<b>Blast 1</b>	4:00pm	410341.1A	<i>*No class on 11/26</i>			
<b>Blast 2</b>	5:10pm	410342.1A				
<b>Teen 2</b>	5:45pm	410352.1A				



## THURSDAY EVENING

30 Minute Classes	Time Date	Ssn 1 9/12-10/24 Fee \$43.75/\$54.75	30 Minute Classes	Time Date	Ssn 2* 10/31-12/12 Fee \$43.75/\$54.75	
<b>AquaTot 2</b>	5:10pm	410513.1A	<b>AquaTot 2</b>	5:10pm	410513.2A	
<b>Turtle</b>	4:00pm	410521.1A	<b>Turtle</b>	4:00pm	410521.2A	
	4:35pm	410521.1B		5:45pm	410521.2B	
	5:45pm	410521.1C		4:35pm	410522.2A	
<b>Alligator</b>	4:35pm	410522.1A	<b>Alligator</b>	5:10pm	410522.2B	
	5:10pm	410522.1B		<b>Seal</b>	4:35pm	410523.2A
	5:45pm	410522.1C		<b>Seal</b>	5:10pm	410523.2B
	4:35pm	410523.1A		<b>Level 1</b>	4:00pm	410531.2A
<b>Seal</b>	5:10pm	410523.1B	<b>Level 2</b>	4:35pm	410532.2A	
<b>Level 1</b>	4:00pm	410531.1A	<b>Beginning Blast</b>	4:00pm	410540.2A	
	5:10pm	410531.1B		5:45pm	410540.2B	
<b>Level 2</b>	4:00pm	410532.1A	<b>Teen 1</b>	5:45pm	410551.2A	
	4:35pm	410532.1B	<b>45 minute classes</b>	Fee	\$54.25/\$68	
<b>Beginning Blast</b>	4:00pm	410540.1A	<b>Blast 1</b>	5:25pm	410541.2A	
	5:45pm	410540.1B	<b>Blast 2</b>	4:35pm	410542.2A	
<b>Teen 1</b>	5:45pm	410551.1A	<b>Blast 3</b>	4:00pm	410543.2A	
<b>45 minute classes</b>	Fee	\$54.25/\$68	<i>*No class on 11/28</i>			
<b>Blast 1</b>	5:25pm	410541.1A				
<b>Blast 2</b>	4:35pm	410542.1A				
<b>Blast 3</b>	4:00pm	410543.1A				

### FREE SWIM LESSON SESSIONS

Sponsored by Recreation Services, the goal of the Free Swim Lesson program is to teach non-swimmers how to be safe and have fun in and around the water. Be one of 200 community members, ages 3 and up, to receive one session of swim lessons at no cost! Apply today! Applications are currently being accepted; program is set to expire at the end of December, 2024. Visit [LongmontColorado.Gov/Swim](https://LongmontColorado.Gov/Swim) for more information.



## INDIVIDUAL SWIM INSTRUCTION

### Individual Private Lessons

Individually scheduled lesson requests are limited by instructor availability and pool space. To request this option, please visit [LongmontColorado.gov/swim](http://LongmontColorado.gov/swim) to see if we are able to take these requests, and when available fill out the online request form. Discount offered when multiple lessons are purchased at one time.

### Individually Scheduled Private Session Fees

Each 30 Minutes Lesson: \$40-\$43 res/\$50-\$53.75 non-res

Each 45 Minute Lesson: \$52-\$54 res/\$65-\$67.50 non-res

### Semi-Private Session Fees:

#### A shared lesson for up to 3 students

Each 30 Minutes Lesson: \$52-\$54 res/\$65-\$67.50 non-res

Each 45 Minute Lesson: \$63-\$65 res/\$78.75-\$81.25 non-res



### CARA Centennial Swim Team

CARA Swimming is a recreation swim team for youth ages 6-18 who are not USA swimmers, with an emphasis placed on technique building, endurance, and FUN! Options exist to participate in monthly swim meets along the Front Range. All information is emailed to participants: please update your email when registering. *\*No practice Nov 26 or 28.*

Location: Centennial Pool, 1201 Alpine St "CARA"

**6-10 yrs: Tue & Thurs, 5-5:40pm**

**Sept 10-Oct 24** \$73.50 res/\$98.50 non-res 421112

**Oct 29-Dec 12\*** \$63 res/\$88 non-res 421112

**9-14 yrs: Tue & Thurs, 5:45-6:25pm**

**Sept 10-Oct 24** \$73.50 res/\$98.50 non-res 421113

**Oct 29-Dec 12\*** \$63 res/\$88 non-res 421113

**11-18 yrs: Tue & Thurs, 6:30-7:30pm**

**Sept 10-Oct 24** \$87.50 res/\$112.50 non-res 421114

**Oct 29-Dec 12\*** \$75 res/\$100 non-res 421114

### Private Lesson Sessions

Pre-Scheduled Private Swim Lessons sessions are now available! Enjoy four 30-minute private swim lessons at the same time, day(s) of week, and location. "private"

Fee: \$160 resident/\$200 non-resident

#### Centennial Pool: 1201 Alpine St

Sept 7-28 | Oct 5-26 | Nov 2-23

Sat am: 9:30am, 10:05am, 10:40am, or 11:15am 420699

#### Shallow Pool Only – no lap lanes available

Nov 4-Dec 4\* *\*No class 11/25 or 11/27*

Mon pm: 4pm, 4:35pm, 5:10pm, or 5:45pm 420099

Wed pm: 4pm, 4:35pm, 5:10pm, or 5:45pm 420499

#### Longmont Recreation Center: 310 Quail Rd

Sept 17-Oct 10 | Oct 15-Nov 7 | Nov 12-Dec 12\*

*\*No class 11/26 or 11/28*

Tue pm: 4:00pm, 4:35pm, 5:10pm, or 5:45pm 410399

Thurs pm: 4:00pm, 4:35pm, 5:10pm, or 5:45pm 413599



### Beginning Masters Swim Team

Learn and refine effective swimming techniques in this adults-only team. The team has a focus on improving fitness through engaging and fun workouts. Adults of all skill level are welcome, with the recommendation that participants should be capable of swimming 25 yards without assistance. *\*No Nov 25.*

18 & up: 421813

**Sept 10-Oct 22, Tue, 5-6pm** \$70 res/\$87.50 non-res

**Oct 29-Dec 10\*, Tue, 5-6pm** \$60 res/\$77.50 non-res

Location: Centennial Pool, 1201 Alpine St

### Longmont Master Swim Team Schedule

Recommended for adults comfortable swimming 1,000 yds non-stop.

18 & up: **Mon/Wed/Fri, 6-7am & Sat, 7-8am**

**Thru Aug 31:** Sunset Pool, 1900 Longs Peak Ave

**Sept 4-Dec 30:** Centennial Pool, 1201 Alpine St

18 & up: **Tue/Thurs, 12-1pm**

**Thru Aug 29:** Sunset Pool, 1900 Longs Peak Ave

**Sept 4-Dec 31:** Longmont Recreation Center, 310 Quail Rd

Fee: Daily Admission

## CERTIFICATION CLASSES

We are committed to recruiting and training a highly qualified work force. Reduce fees are available to current or pending city of Longmont Employees. Please see information about lifeguard pre-course sessions below or reach out to [swim@longmontcolorado.gov](mailto:swim@longmontcolorado.gov) for an interview: you will be enrolled into a class during the interview process.

### American Red Cross Lifeguard Training

**Pre-Requisites:** Must be 15 years old before the last class; have attended and passed a Lifeguard Pre-Course session. **Pre-Course Requirements:** 150-yard continuous swim followed by 2 minutes of treading with no arms then swim another 50 yards, retrieve 10-pound brick from bottom of pool and swim 20 yards. Interviews for those hoping to work for the City of Longmont as a lifeguard will also be held this day. \*\$50 of pre-course fee is non-refundable.

**Pre-Course Sessions:** 421213 | 121213

**Wed, 4-6:30pm: Sept 4 or 11, Nov 6, or Dec 4 or 11**

**Sat, 9-11am: Sept 7, Nov 16, or Dec 7**

**Location:** Longmont Recreation Center, 310 Quail Rd

**Fee\*:** \$50 future City of Longmont employees/  
\$250 resident/ \$312.50 non-resident

**Blending Learning** – requires online work before class

**15 & up: Sept 20/21 & 27/28, Fri 4-8pm  
& Sat 11:30am-8pm**

**Traditional Format**

**15 & up: Nov 23-26, Sa/Su/M/Tu, 8-5:30pm  
Dec 20-23, F/Sa/Su/M, 8-5:30pm**

**Location:** Centennial Pool, 1201 Alpine St

**Fee:** included in pre-course session fee

### Longmont Swim Instructor (LSI) Training

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.

**15 & up: Oct 8 & 10, Tue & Thurs, 4-7:30pm** 421243

**Location:** Longmont Recreation Center, 310 Quail Rd

**Fee:** \$25 - future City of Longmont employees only

### Water Safety Instructor (WSI) Certification Class

**Pre-Requisite:** Ability to swim 6 strokes front and back crawl, breaststroke, butterfly, elementary backstroke, and sidestroke. Learn the techniques and skills necessary to become American Red Cross certified to teach swim lessons. Must complete Blended Learning online component before class start.

**15 & up: Dec 30, Mon, 10am-3pm  
& Jan 2-4, Th-Sat, 9am-7pm** 421241

**Location:** Centennial Pool, 1201 Alpine St.

**Fee:** \$50-future City of Longmont employees  
\$250 resident/ \$312.50 non-resident

### CPR/AED & First Aid

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

**12 & up: 9am-5pm: Oct 5, Sat or Dec 1, Sun** 421231

**Location:** Centennial Pool, 1201 Alpine St

**Fee:** \$95 resident/\$118.75 non-resident

### Babysitter Training

This American Red Cross course provides youth with the information and skills necessary to provide safe and responsible care for children while babysitting. *“babysitter”*

**11-16 yrs: Sun, 9am-3pm: Nov 3 or Dec 8** 421231

**Location:** Centennial Pool, 1201 Alpine St

**Fee:** \$95 resident/\$118.75 non-resident

