

## Masters Swimming

Improve your skills and stamina while using intervals, drills and distance swimming. This on-going program is recommended for adults who are comfortable swimming at least 1000 yards.

18 to Adult: **Mon/Wed/Fri**, 6-7:15am; **Saturday**, 6:45-8am  
 Location: Sunset Pool through September 3  
 Centennial Pool beginning September 7  
 No Masters on Labor Day, Mon, Sep 5

18 to Adult: **Tues/Thurs**, 12-1pm  
 Location: Sunset Pool through Sept 1  
 Longmont Recreation Center beginning Sept 6

18 to Adult: **Tues/Thurs**, 6:30-7:30pm  
 Location: Longmont Recreation Center  
 Beginning Oct 4  
 Fee: Daily Admission

## Beginning Masters Swimming

Not quite ready for Masters Swimming? Beginning Masters can get you there! While catering to your individual needs, you will receive stroke work plus a great workout. This on-going program is recommended for adults who are comfortable swimming 200 yards non-stop.



18 to Adult: **Tues/Thurs**,  
 Time: 7:15pm-8:15pm through Sept 1  
 7:30pm-8:30pm beginning Sept 6  
 Location: Centennial Pool, 1201 Alpine St  
 Fee: Daily Admission

## Adult Swim Technique Training

Not sure you're ready for a Masters workout? Coach Robert provides individualized instruction to improve your stroke and breathing technique. For adults and seniors looking to refine their stroke, improve endurance, join Masters or train with other adults in a smaller group setting.

18 to Adult: Sunday, 11am-12pm  
 Date/Fee: Code:  
 Sept 11-Oct 23 \$42 res/ \$52.50 non-res 6101.401  
 Nov 6-Dec 18 \$42 res/ \$52.50 non-res 6101.403  
 Location: Centennial Pool, 1201 Alpine St

## Open Water Swims

Expand your workouts swimming at Union Reservoir. Please note: for the safety of all, only open water swimmers are allowed in the water during open water swim times. Fee includes gate fee and lifeguards. Call 303-772-1265.

13 to Adult: **Tues & Wed**, 5:30-7pm; & **Sat**, 8:45-10:15am  
 Dates: Through Sept 24  
 Location: Union Reservoir, 0461 Weld County Rd 26  
 Fee: \$8 per person/5- and 10- visit passes available.

## Adult/Senior Swim Lessons

It is never too late to learn to swim or improve your skills! For adults and seniors or all swimming abilities, this class offers individualized instruction in a supportive group environment. Babysitting is available at Longmont Recreation Center.

18 to Adult: Sunday, 8:30-9:15am  
 Date/Fee: Code:  
 Sept 11-Oct 9 \$25 res/ \$31.25 non-res 6101.460  
 Oct 16-Nov 13 \$25 res/ \$31.25 non-res 6101.470  
 Nov 20-Dec 18 \$25 res/ \$31.25 non-res 6101.490  
 Location: Longmont Recreation Center, 310 Quail Rd

18 to Adult: Sunday, 2:55-3:40pm  
 Date/Fee: Code:  
 Sept 11-Oct 23 \$35 res/ \$43.75 non-res 6101.402  
 Nov 6-Dec 18 \$35 res/ \$43.75 non-res 6101.404  
 Location: Centennial Pool, 1201 Alpine St

## Senior Swim Lessons

Geared towards seniors of all swimming abilities looking to learn or improve swimming skills with other older adults. Individualized instruction in a supportive group environment. Babysitting is available at Longmont Recreation Center. \*No class Nov 22.

50 years+: Tuesday, 10:45-11:30am  
 Date/Fee: Code:  
 Sept 6-27 \$20 res/ \$25 non-res 6101.461  
 Oct 4-25 \$20 res/ \$25 non-res 6101.471  
 Nov 1-Dec 13\* \$30 res/ \$37.50 non-res 6101.491  
 Location: Longmont Recreation Center, 310 Quail Rd

## Open Kayak

Come to Centennial Pool to keep up with your rolls and braces. Why not take time to perfect your off-side roll or your hand roll? Please wash out all boats in the fenced in patio located on the South end of the pool prior to entering the water (hose provided). **Please register in advance with payment to secure your spot online or by calling 303-651-8406.** Maximum of 16 kayaks.



Day/Time: Sunday, 5-7pm  
 Date/Fee: Code:  
 Nov 6 \$8 res/ \$10 non-res 4793.400  
 Nov 13 \$8 res/ \$10 non-res 4793.401  
 Dec 4 \$8 res/ \$10 non-res 4793.100  
 Dec 11 \$8 res/ \$10 non-res 4793.101  
 Location: Centennial Pool, 1201 Alpine St

## Cara Swim Team

CARA swimming is a recreational swim team for youths ages 6-18 who are not USS swimmers. Please register for the age group that your child will be on the first day of practice. Swimmers will compete according to their age on January 1, 2011.

**Pre-Requisite- 6-10 & 11-14 groups:** Ability to swim one length of pool front crawl with rotary breathing and back crawl without stopping or using assistance.

**Pre-Requisite 11-18 group:** Knowledge of all 4 competitive strokes and swim 400 yards freestyle with rotary breathing. All participants will be evaluated on the first day of practice.

### Centennial Tsunamis CARA:

Practice: Sept 6–Dec 15 (14wks) \*No practice Nov 22 & 24  
Days: Tuesdays & Thursdays

Parent meeting: First 15 minutes of first practice

Meets: TBA

Age Group	Time	Code	Fee
6-9 yrs	5:30-6:15pm	6203.401	\$84 res/\$105 non-res
8-10 yrs	6:15-7pm	6203.402	\$84 res/ \$105 non-res
11-14 yrs	5:30-6:30pm	6203.403	\$87.50 res/\$109.25 non-res
11-18 yrs	6:30-7:45pm	6203.404	\$91 res/\$113.75 non-res

Location: Centennial Pool, 1201 Alpine St

### Recreation Center Piranha CARA:

Practice: Sept 12–Dec 7 (12wks) \*No practice Nov 21 & 23

Days: Mondays & Wednesdays

Parent meeting: Wed, Sept 14, 5pm

Meets: TBA

Age Group	Time	Code	Fee
6-12 yrs	4:25-5:10pm	6203.470	\$72 res/\$90 non-res
8-18 yrs	4:25-5:25pm	6203.471	\$75 res/\$93.75 non-res
6-12 yrs	5:15-6:00pm	6203.472	\$72 res/\$90 non-res
8-18 yrs	5:30-6:45pm	6203.473	\$78 res/\$97.50 non-res

Location: Longmont Recreation Center, 310 Quail Rd



## Special Olympics Swimming Prep

Special Olympics Prep offers instruction and training to prepare for Special Olympics Swimming season and competition that begins in January.

8 to adult: Friday, 5:30-6:30pm  
 Dates: Sept 9 - Nov 18 Code: 6010.401  
 Location: Centennial Pool, 1201 Alpine St  
 Fee: \$40 resident / \$50 non-resident

## Spring Board Diving

**Beginner Pre-Requisite:** Must be able to dive off the side of the pool head first and swim independently in the diving well. Beginner Diving students will learn dive safety, etiquette & approaches.

**Intermediate/Advanced - Pre-Requisite:** Must know how to do a 4 step approach and be able to dive head first from the board. Intermediate/Advanced diving students will be taught tuck, pike and straight positions, as well as learning inward, reverse flips and twisting dives. All divers, Beginner through Advanced have the option to compete in CARA dive meets, TBA. \*No class Nov 21 & 23.

7 to 18 years: Centennial Pool, 1201 Alpine St

### Beginner Diving

Day/Time: Mon & Wed, 5-5:45pm  
 Dates: Sept 19-Oct 12 Code: 6209.401  
 Oct 17- Nov 9 Code: 6209.402  
 Dates: Nov 14- Dec 14\* Code: 6209.403  
 Fee: \$48 res/\$60 non-res

### Intermediate/Advanced Diving

Day/Time: Mon & Wed, 5:45-7pm  
 Dates: Sept 19-Oct 12 Code: 6209.411  
 Oct 17- Nov 9 Code: 6209.412  
 Dates: Nov 14- Dec 14\* Code: 6209.413  
 Fee: \$58 res/ \$72.50 non-res

## High School Prep Swimming

**Pre-Requisite:** High School students only. High School Prep swimming is intended to give swimmers an opportunity to dust off those cobwebs and get a head start on the high school season. Technique and building endurance are the primary focus.

Day/Time: Sept 12–Nov 9, Mon/Wed, 4-5:30pm  
 Location: Centennial Pool, 1201 Alpine St  
 Fee: \$63 res/ \$78.75 non-res Code: 6207.401

## Synchronized Swim Lessons

Synchronized swimming is a sport requiring overall body strength and agility, grace and beauty, musical interpretation, with dramatic flair. Learn these components in this exciting sport. Join us for an exhibition night at Centennial Pool, Tues, August 30, 6:30pm. Pre-requisite: must be able to swim one length of the pool



8 to 16 years: Tues, 5:30-6:30pm  
**Dates: Fee: Code:**  
 Sept 6-27 \$25 res/\$31 non-res 6215.400  
 Oct 4-25 \$25 res/\$31 non-res 6215.401  
 Sept 6-Oct 25 \$45 res/ \$56 non-res 6215.402

8 to 16 years: Sat, 10:30-11:30,  
 Sept 10-Oct 22 \$43.75res/\$54non-res 6215.403  
 Location: Centennial Pool, 1201 Alpine St

# Learn to Swim with the City of Longmont

**Swim Testing:** If you are unsure which swim class to sign up for, arrange a FREE swim test at Centennial Pool, 303-651-8406 or Longmont Recreation Center 303-774-4800.

## Preschool Program:

**3-5 years old • Lessons are 30 min**

The preschool classes follow the American Red Cross Level Program, but further divide the skills to provide a learning environment better suited for preschoolers. Preschool lessons are 30 min.

### Turtle: Water Introduction

Students with no or limited water experience and who are uncomfortable putting their face in the water.

### Alligator: Skill Introduction

Students comfortable in the water will learn to float independently on front and back for 5 seconds.

### Seal: Stroke Introduction

Students who float independently will learn to swim 10 yds without stopping and become comfortable in deep water.

### Dolphin: Skill Improvement

Students who swim 10 yds and are comfortable in deep water will learn proper breathing techniques and elementary backstroke.

### Whale: Stroke Development

Students with proper breathing will work on increasing endurance and be introduced to sidestroke and survival float.

## Parent/Child: 6 months to 3 years old

**Aquababy: 6-18 month**

**Aquatot: 18 month - 3 yrs**

Parent/Child classes are 30 min.

Parent and child will be coached using a variety of games and techniques individualized to maximize success in water comfort and skills. Sessions can and should be repeated. A drop-in option is offered during Saturday mornings and Sunday afternoons at Centennial Pool for \$4 resident / \$5.25 non-resident.

## Water Explorers

**2 ½ - 3 ½ years old • Classes are 30 min**

Not yet old enough for learn-to-swim lessons? Ready to be in the water without mom or dad? Your preschooler will explore the water through songs, games, and toys with an instructor, and at the same time learn how to be part of a group, understand water safety rules, and how to follow directions.

## BLAST! Accelerated Swim Lessons

Technique-based lessons focused on developing the 4 competitive swim strokes. For those with swim team in mind.

**Beginning BLAST:** 5 yrs & up • 40 min

Students who can glide 15 ft on front and back, swim 15 ft crawl stroke with face in the water and are comfortable in deep water will learn freestyle with side breathing, backstroke and breaststroke kick.

**BLAST 1:** 6 yrs & up • 1 hr

Students who can swim 25 yards freestyle non-stop with proper side breathing will work on endurance and improving freestyle, backstroke and breaststroke technique.

**BLAST 2:** 6 yrs & up • 1 hr • For advanced swimmers who want to further improve their stroke; add butterfly, starts, and turns, and learn to use a pace clock. Please call Centennial Pool 303-651-8406 to register or for more information.

## American Red Cross Level Program

**6 yrs & up -Level 1 & 2 are 30 min • Levels 3-6 are 40 min**

### Level 1: Water Introduction

Students will become comfortable putting their face in the water and learn to float independently on their front and back.

### Level 2: Skill Introduction

Students who can float independently will learn to swim 10 yds, on front and back, without stopping.

### Level 3: Stroke Development

Students who can swim on their front will learn breathing techniques, elementary backstroke and kicks used in all of the swimming strokes.

### Level 4: Stroke Improvement

Students who have proper breathing and swim in deep water will learn backstroke, breaststroke, sidestroke and butterfly.

### Level 5: Stroke Refinement:

Students will continue to work on stroke technique while increasing endurance, flip turns, and surface dives.

### Level 6: Fitness Swimming

An individualized approach will be used to develop strokes, increase endurance and continue to work on a variety of skills. Students will progress up to a 500 yd continuous swim – a great preparation for taking the lifeguard class.

## Teen/Tween

**11 years & up • Lessons are 40 min**

This class is for older youth looking to build confidence in their swimming skills while working with people around their same age. Group work, enhanced by individualized instruction, will assure you get what you need to become a confident swimmer.

## Special Needs Swim Lessons

**6 yrs & up • Lessons are 30 min**

We welcome kids of all physical and intellectual abilities in our learn-to-swim programs, as well as offering these adapted swim lessons for individuals with special needs not ready or comfortable participating in larger group lessons. Geared for higher functioning individuals, or individuals with a self-provided caregiver.

## Private Swim Lessons

A limited number of instructors are available for private and semi-private instruction. Call Centennial Pool, 303-651-8406 or the Longmont Recreation Center, 303-774-4800 to be added to the private swim lesson wait list.

Private Fee: \$18 resident/ \$22 non-resident per ½ hour

