

## 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.

**Adult & Senior Swim Classes**  
See pages 11 & 12!



### 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.



### Individuals with Special Needs

City of Longmont Recreation Services welcomes and strives to accommodate individuals of all physical and intellectual abilities in our learn-to-swim programs. If you or your child have concerns about or need special accommodation to participate in swimming lessons, please call 303-651-8408. For individuals not ready for or comfortable participating in group lessons, please read on for information on private lessons. To schedule adapted swim lessons for your group, please call 303-651-8408.

### 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 add your name/number, pool, time & day preference to the list.

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

**Semi-Private Fee:** (2+) \$25 resident /\$31 non-resident per ½ hour

## Centennial Pool Swim Lessons

### Monday & Wednesday AM & PM

	Time	Jan Ssn	Feb Ssn	March Ssn	April Ssn	May Ssn
	Date	1/9-1/25 (3 wk)	1/30-2/22 (4 wk)	2/27-3/21 (4 wk)	4/2-4/25 (4 wk)	4/30-5/16 (3 wk)
	Fee	\$22.50/\$28.25	\$30/\$37.50	\$30/\$37.50	\$30/\$37.50	\$22.50/\$28.25
<b>Aquababy /tot</b>	5:30 PM	6050.102	6050.105	6050.200	6050.203	6050.206
<b>Turtle</b>	10:05 AM	6053.105	6053.112	6053.200	6053.207	6053.214
	3:45 PM	6053.106	6053.113	6053.201	6053.208	6053.215
	5:05 PM	6053.107	6053.114	6053.202	6053.209	6053.216
<b>Alligator</b>	10:40 AM	6054.105	6054.112	6054.200	6054.207	6054.214
	3:45 PM	6054.106	6054.113	6054.201	6054.208	6054.215
	4:55 PM	6054.107	6054.114	6054.202	6054.209	6054.216
<b>Seal</b>	9:30 AM	6055.105	6055.112	6055.200	6055.207	6055.214
	4:20 PM	6055.106	6055.113	6055.201	6055.208	6054.215
	5:05 PM	6055.107	6055.114	6055.202	6055.209	6055.216
<b>Dolphin</b>	11:15 AM	6056.104	6056.109	6056.200	6056.205	6056.210
	4:00 PM	6056.105	6056.110	6056.201	6056.206	6056.211
<b>Whale</b>	11:50 AM	6057.104	6057.109	6057.200	6057.205	6057.210
	4:00 PM	6057.105	6057.110	6057.201	6057.206	6057.211
<b>Level 1</b>	4:30 PM	6001.103	6001.107	6001.200	6001.204	6001.208
	6:05 PM	6001.104	6001.108	6001.201	6001.205	6001.209
<b>Level 2</b>	4:35 PM	6002.103	6002.108	6002.200	6002.205	6002.210
	5:40 PM	6002.104	6002.109	6002.201	6002.206	6002.211
<b>Level 3</b>	4:20 PM	6003.103	6003.108	6003.200	6003.205	6003.210
	5:10 PM	6003.104	6003.109	6003.201	6003.206	6003.211
<b>Level 4</b>	5:40 PM	6004.102	6004.106	6004.200	6004.204	6004.208
<b>Level 5</b>	6:15 PM	6005.101	6005.105	6005.200	6005.203	6005.206
<b>Level 6</b>	5:55 PM	6006.102	6006.105	6006.200	6006.203	6006.206
<b>Teen/ Tween</b>	6:05 PM	6102.103	6102.105	6102.200	6102.202	6102.204
<b>Water Explorers</b>	<b>Fee</b>	\$12 / \$15	\$16 / \$20	\$16 / \$20	\$16 / \$20	\$12 / \$15
<b>Mondays</b>	8:55 AM	6150.103	6150.106	6150.200	6150.203	6150.206
<b>Wednesdays</b>	8:55 AM	6150.104	6150.107	6150.201	6150.204	6150.207
<b>BLAST</b>	<b>Fee</b>	\$30/\$37.50	\$40/\$50	\$40/\$50	\$40/\$50	\$30/\$37.50
<b>Beginning BLAST</b>	4:15 PM	6214.103	6214.106	6214.200	6214.203	6214.206
<b>BLAST 1</b>	5:00 PM	6214.113	6214.115	6214.210	6214.212	6214.214
<b>BLAST 2</b>	5:30 PM	6214.123	6214.125	6214.220	6214.222	6214.224

### Tuesday & Thursday AM

	Time	Jan Ssn	Feb Ssn	March Ssn	April Ssn	May Ssn
	Date	1/10-1/26 (3 wk)	1/31-2/23 (4 wk)	2/28-3/22 (4 wk)	4/3-4/26 (4 wk)	5/1-5/17 (3 wk)
	Fee	\$22.50/\$28.25	\$30/\$37.50	\$30/\$37.50	\$30/\$37.50	\$22.50/\$28.25
<b>Turtle</b>	11:30 AM	6053.108	6053.115	6053.203	6053.210	6053.217
<b>Alligator</b>	12:05 PM	6054.108	6054.115	6054.203	6054.210	6054.217
<b>Seal</b>	10:55 AM	6055.108	6055.115	6055.203	6055.210	6055.217
<b>Dolphin</b>	10:20 AM	6056.106	6056.111	6056.202	6056.207	6056.212
<b>Whale</b>	9:00 AM	6057.106	6057.111	6057.202	6057.207	6057.212

### Saturday Mornings

	Time	Jan Ssn	Mar Ssn	Apr Ssn
	Date	1/7-2/18 (7 wk)	2/25-4/7 (7 wk)	4/14-5/19 (6 wk)
	Fee	\$26.25/\$33	\$26.25/\$33	\$22.50/\$28.25
<b>Aquababy /tot</b>	10:15 AM	6050.103	6050.201	6050.204
<b>Turtle</b>	9:40 AM	6053.109	6053.204	6053.211
	11:10 AM	6053.110	6053.205	6053.212
<b>Alligator</b>	9:05 AM	6054.109	6054.204	6054.211
	10:50 AM	6054.110	6054.205	6054.212
<b>Seal</b>	8:30 AM	6055.109	6055.204	6055.211
	10:35 AM	6055.110	6055.205	6055.212
<b>Dolphin</b>	9:15 AM	6056.107	6056.203	6056.208
<b>Whale</b>	9:15 AM	6057.107	6057.203	6057.208
<b>Level 1</b>	10:45 AM	6001.105	6001.202	6001.206
<b>Level 2</b>	10:00 AM	6002.105	6002.202	6002.207
	10:35 AM	6002.106	6002.203	6002.208
<b>Level 3</b>	8:30 AM	6003.105	6003.202	6003.207
	10:00 AM	6003.106	6003.203	6003.208
<b>Level 4</b>	8:30 AM	6004.103	6004.201	6004.205
	9:50 AM	6004.104	6004.202	6004.206
<b>Level 5</b>	9:15 AM	6005.103	6005.201	6005.204
<b>Level 6</b>	8:30 AM	6006.103	6006.201	6006.204
	<b>Fee</b>	\$28 / \$35	\$28 / \$35	\$24 / \$30
<b>Water Explorers</b>	11:05 AM	6150.105	6150.202	6150.205
	<b>Fee</b>	\$35/\$43.75	\$35/\$43.75	\$30/\$37.50
<b>Beginning BLAST</b>	9:15 AM	6214.104	6214.201	6214.204

### Sunday Afternoons

	Time	Jan Ssn	Mar Ssn*	Apr Ssn
	Date	1/8-2/19 (7 wk)	2/26-4/1 (6 wk)	4/15-5/20 (6 wk)
	Fee	\$26.25/\$33	\$22.50/\$28.25	\$22.50/\$28.25
<b>Aquababy /tot</b>	4:00 PM	6050.104	6050.202	6050.205
<b>Turtle</b>	2:50 PM	6053.111	6053.206	6053.213
<b>Alligator</b>	3:25 PM	6054.111	6054.206	6054.213
<b>Seal</b>	4:30 PM	6055.111	6055.206	6055.213
<b>Dolphin</b>	3:35 PM	6056.108	6056.204	6056.209
<b>Whale</b>	3:35 PM	6057.108	6057.204	6057.209
<b>Level 1</b>	2:55 PM	6001.106	6001.203	6001.207
<b>Level 2</b>	3:00 PM	6002.107	6002.204	6002.209
<b>Level 3</b>	4:15 PM	6003.107	6003.204	6003.209
<b>Level 4</b>	3:30 PM	6004.105	6004.203	6004.207
<b>Level 5</b>	4:10 PM	6005.104	6005.202	6005.205
<b>Level 6</b>	4:10 PM	6006.104	6006.202	6006.205
<b>Teen/ Tween</b>	4:20 PM	6102.104	6102.201	6102.205
<b>BLAST</b>	<b>Fee</b>	\$35/\$43.75	\$30/\$37.50	\$30/\$37.50
<b>Beginning BLAST</b>	3:35 PM	6214.105	6214.202	6214.205
<b>BLAST 1</b>	12:30 PM	6214.114	6214.211	6214.213
<b>BLAST 2</b>	1:30 PM	6214.124	6214.221	6214.223

\* No lessons Sunday, April 8



## Longmont Recreation Center Swim Lessons

Tuesday Afternoons				
	Time	Jan Ssn	Mar Ssn	Apr Ssn
	Date	1/10-2/14 (6 wk)	2/21-3/20 (5 wk)	4/3-5/8 (6 wk)
	Fee	\$22.50/\$28.25	\$18.75/\$23.50	\$22.50/\$28.25
<b>Aquababy/tot</b>	5:30 PM	6050.172	6050.262	6050.272
<b>Turtle</b>	3:45 PM	6053.172	6053.262	6053.272
	4:20 PM	6053.173	6053.263	6053.273
	4:55 PM	6053.174	6053.264	6053.274
<b>Alligator</b>	3:45 PM	6054.172	6054.262	6054.272
	4:20 PM	6054.173	6054.263	6054.273
	4:55 PM	6054.174	6054.264	6054.274
<b>Seal</b>	3:45 PM	6055.172	6055.262	6055.272
	4:55 PM	6055.173	6055.263	6055.273
<b>Dolphin</b>	4:20 PM	6056.172	6056.262	6056.272
<b>Whale</b>	4:30 PM	6057.172	6057.262	6057.272
<b>Level 1</b>	4:30 PM	6001.172	6001.262	6001.272
<b>Level 2</b>	3:45 PM	6002.172	6002.262	6002.272
<b>Level 3</b>	3:45 PM	6003.172	6003.262	6003.272
	5:05 PM	6003.173	6003.263	6003.273
<b>Level 4</b>	3:45 PM	6004.172	6004.262	6004.272
	5:05 PM	6004.173	6004.263	6004.273
<b>Level 5/6</b>	4:20 PM	6005.172	6005.262	6005.272
	Date	1/17-2/7	2/28-3/20	4/10-5/1
	Fee	\$16/\$20	\$16/\$20	\$16/\$20
<b>Water Explorers</b>	5:00 PM	6150.172	6150.262	6150.272

*There will not be any swim lessons during St Vrain Valley's Spring Break March 26 - April 3.*

Wednesday Afternoons				
	Time	Jan Ssn	Mar Ssn	Apr Ssn
	Date	1/18-2/22 (6 wk)	2/29-4/11 (5 wk)	4/18-5/16 (6 wk)
	Fee	\$22.50/\$28.25	\$18.75/\$23.50	\$22.50/\$28.25
<b>Turtle</b>	12:00 PM	6053.171	6053.261	6053.271
<b>Alligator</b>	1:10 PM	6054.171	6054.261	6054.271
<b>Seal</b>	12:35 PM	6055.171	6055.261	6055.271
<b>Dolphin</b>	1:45 PM	6056.171	6056.261	6056.271

Thursday Afternoons				
	Time	Jan Ssn	Mar Ssn	Apr Ssn
	Date	1/12-2/16 (6 wk)	2/23-3/22 (5 wk)	4/12-5/10 (6 wk)
	Fee	\$22.50/\$28.25	\$18.75/\$23.50	\$22.50/\$28.25
<b>Turtle</b>	3:45 PM	6053.176	6053.266	6053.276
	4:20 PM	6053.177	6053.267	6053.277
<b>Alligator</b>	3:45 PM	6054.176	6054.266	6054.276
	4:20 PM	6054.177	6054.267	6054.277
<b>Seal</b>	3:45 PM	6055.176	6055.266	6055.276
	4:55 PM	6055.177	6055.267	6055.277
<b>Dolphin</b>	4:20 PM	6056.176	6056.266	6056.276
<b>Whale</b>	4:55 PM	6057.176	6057.266	6057.276
<b>Level 1</b>	3:45 PM	6001.176	6001.266	6001.276
<b>Level 2</b>	5:05 PM	6002.176	6002.266	6002.276
<b>Level 3</b>	4:20 PM	6003.176	6003.266	6003.276
<b>Level 4</b>	4:55 PM	6004.176	6004.266	6004.276
<b>Level 5/6</b>	3:45 PM	6005.176	6005.266	6005.276
<b>Teen Tween</b>	5:20 PM	6102.176	6102.266	6102.276

Sunday Mornings				
	Time	Jan Ssn	Mar Ssn	Apr Ssn
	Date	1/8-2/12 (6 wk)	2/19-3/25 (6 wk)	4/15-5/20 (6 wk)
	Fee	\$22.50/\$28.25	\$22.50/\$28.25	\$22.50/\$28.25
<b>Aquababy/tot</b>	9:40 AM	6050.178	6050.268	6050.278
<b>Turtle</b>	8:30 AM	6053.178	6053.268	6053.278
	9:40 AM	6053.179	6053.269	6053.279
<b>Alligator</b>	8:30 AM	6054.178	6054.268	6054.278
	9:40 AM	6054.179	6054.269	6054.279
<b>Seal</b>	8:30 AM	6055.178	6055.268	6055.278
	9:05 AM	6055.179	6055.269	6055.279
<b>Dolphin</b>	9:05 AM	6056.178	6056.268	6056.278
<b>Whale</b>	9:05 AM	6057.178	6057.268	6057.278
<b>Level 1</b>	8:30 AM	6001.178	6001.268	6001.278
<b>Level 2</b>	9:05 AM	6002.178	6002.268	6002.278
<b>Level 3</b>	8:30 AM	6003.178	6003.268	6003.278
<b>Level 4</b>	9:05 AM	6004.178	6004.268	6004.278
<b>Level 5/6</b>	9:15 AM	6005.178	6005.268	6005.278
	Date	1/15-2/5	2/26-3/18	4/22-5/13
	Fee	\$16/\$20	\$16/\$20	\$16/\$20
<b>Water Explorers</b>	8:30 AM	6150.178	6150.268	6150.278

Tuesday & Thursday Mornings						
	Time	Jan Ssn	Feb Ssn	Mar Ssn	Apr Ssn	May Ssn
	Date	1/3-1/26 (4 wk)	1/31-2/23 (4 wk)	2/28-3/22 (4 wk)	4/3-4/26 (4 wk)	5/1-5/17 (3 wk)
	Fee	\$30/\$37.50	\$30/\$37.50	\$30/\$37.50	\$30/\$37.50	\$22.50/\$28.25
<b>Turtle</b>	10:05 AM	6053.170	6053.180	6053.260	6053.270	6053.280
<b>Alligator</b>	9:00AM	6054.170	6054.180	6054.260	6054.270	6054.280
<b>Seal</b>	10:05 AM	6055.170	6055.180	6055.260	6055.270	6055.280
<b>Dolphin</b>	10:40 AM	6056.170	6056.180	6056.260	6056.270	6056.280
<b>Whale</b>	8:55 AM	6057.170	6057.180	6057.260	6057.270	6057.280
<b>Aquababy/tot (Tues only)</b>	9:30 AM	6050.170	6050.180	6050.260	6050.270	6050.280
<i>*Aquababy/tot fee is \$15 for 4 week sessions or \$11.25 for 3 week sessions</i>						
	Date	1/5-1/26	2/2-2/23	3/1-3/22	4/5-4/26	5/3-5/17
	Fee	\$16/\$20	\$16/\$20	\$16/\$20	\$16/\$20	\$16/\$20
<b>Water Explorers (Thur only)</b>	9:30 AM	6150.170	6150.180	6150.260	6150.270	6150.280

