

# 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



# Centennial Pool Swim Lessons

## Monday & Wednesday AM & PM

|                        | Time         | Sept Ssn             | Oct Ssn              | Dec Ssn               |
|------------------------|--------------|----------------------|----------------------|-----------------------|
|                        | Date         | 9/12-10/12<br>(5 wk) | 10/17-11/16<br>(5wk) | 11/28-12/14<br>(3 wk) |
|                        | Fee          | \$37.50/\$47         | \$37.50/\$47         | \$22.5/\$28.25        |
| <b>Aquababy/tot</b>    | 5:30 PM      | 6050.401             | 6050.404             | 6050.101              |
| <b>Turtle</b>          | 10:05 AM     | 6053.401             | 6053.408             | 6053.101              |
|                        | 3:45 PM      | 6053.402             | 6053.409             | 6053.102              |
|                        | 5:05 PM      | 6053.403             | 6053.410             | 6053.103              |
| <b>Alligator</b>       | 10:40 AM     | 6054.401             | 6054.408             | 6054.101              |
|                        | 3:45 PM      | 6054.402             | 6054.409             | 6054.102              |
|                        | 4:55 PM      | 6054.403             | 6054.410             | 6054.103              |
| <b>Seal</b>            | 9:30 AM      | 6055.401             | 6055.407             | 6055.101              |
|                        | 4:20 PM      | 6055.402             | 6055.408             | 6055.102              |
|                        | 5:05 PM      | 6055.403             | 6055.409             | 6055.103              |
| <b>Dolphin</b>         | 11:15 AM     | 6056.401             | 6056.406             | 6056.101              |
|                        | 4:00 PM      | 6056.402             | 6056.407             | 6056.102              |
| <b>Whale</b>           | 11:50 AM     | 6057.401             | 6057.406             | 6057.101              |
|                        | 4:00 PM      | 6057.402             | 6057.407             | 6057.102              |
| <b>Level 1</b>         | 4:30 PM      | 6001.401             | 6001.405             | 6001.101              |
|                        | 6:05 PM      | 6001.402             | 6001.406             | 6001.102              |
| <b>Level 2</b>         | 4:35 PM      | 6002.401             | 6002.406             | 6002.101              |
|                        | 5:40 PM      | 6002.402             | 6002.407             | 6002.102              |
| <b>Level 3</b>         | 4:20 PM      | 6003.401             | 6003.406             | 6003.101              |
|                        | 5:10 PM      | 6003.402             | 6003.407             | 6003.102              |
| <b>Level 4</b>         | 5:40 PM      | 6004.401             | 6004.404             | 6004.101              |
| <b>Level 5</b>         | 6:15 PM      | 6005.401             | 6005.404             | 6005.102              |
| <b>Level 6</b>         | 5:55 PM      | 6006.401             | 6006.404             | 6006.101              |
| <b>Teen/Tween</b>      | 6:05 PM      | 6102.401             | 6102.403             | 6102.102              |
| <b>Water Explorers</b> | <b>Price</b> | \$20/\$25            | \$20/\$25            | \$12/\$15             |
| <b>Mondays</b>         | 8:55 AM      | 6150.401             | 6150.403             | 6150.101              |
| <b>Wednesdays</b>      | 12:25 PM     | 6150.402             | 6150.404             | 6150.102              |
| <b>BLAST</b>           | <b>Price</b> | \$50/\$62.50         | \$50/\$62.50         | \$30/\$37.50          |
| <b>Beginning BLAST</b> | 4:15 PM      | 6214.401             | 6214.402             | 6214.101              |
| <b>BLAST 1</b>         | 5:00 PM      | 6214.411             | 6214.412             | 6214.111              |
| <b>BLAST 2</b>         | 5:30 PM      | 6214.421             | 6214.422             | 6214.121              |

## Tuesday & Thursday AM

|                        | Time         | Sept Ssn             | Nov Ssn               | Dec Ssn               |
|------------------------|--------------|----------------------|-----------------------|-----------------------|
|                        | Date         | 9/13-10/13<br>(5 wk) | 10/18-11/17<br>(5 wk) | 11/29-12/15<br>(3 wk) |
|                        | Fee          | \$37.50/\$47         | \$37.50/\$47          | \$22.5/\$28.25        |
| <b>Turtle</b>          | 11:30 AM     | 6053.404             | 6053.411              | 6053.104              |
| <b>Alligator</b>       | 12:05 PM     | 6054.404             | 6054.411              | 6054.104              |
| <b>Seal</b>            | 10:55 AM     | 6055.404             | 6055.410              | 6055.104              |
| <b>Dolphin</b>         | 10:20 AM     | 6056.403             | 6056.408              | 6056.103              |
| <b>Whale</b>           | 9:00 AM      | 6056.403             | 6057.408              | 6057.103              |
| <b>BLAST</b>           | <b>Price</b> | \$50/\$62.50         | \$50/\$62.50          | \$30/\$37.50          |
| <b>Beginning BLAST</b> | 9:35 AM      | 6214.404             | 6214.405              | 6214.112              |

## Saturday Morning

|                        | Time         | Sept Ssn          | Nov Ssn           |
|------------------------|--------------|-------------------|-------------------|
|                        | Date         | 9/10-10/22 (7 wk) | 11/4-12/17 (7 wk) |
|                        | Price        | \$26.25/\$33      | \$26.25/\$33      |
| <b>Aquababy/tot</b>    | 10:30 AM     | 6050.402          | 6050.405          |
| <b>Turtle</b>          | 9:20 AM      | 6053.405          | 6053.412          |
|                        | 10:30 AM     | 6053.406          | 6053.413          |
| <b>Alligator</b>       | 8:45 AM      | 6054.405          | 6054.412          |
|                        | 9:55 AM      | 6054.406          | 6054.413          |
| <b>Seal</b>            | 10:10 AM     | 6055.405          | 6055.411          |
| <b>Dolphin</b>         | 8:50 AM      | 6056.404          | 6056.409          |
| <b>Whale</b>           | 9:00 AM      | 6057.404          | 6057.409          |
| <b>Level 1</b>         | 9:55 AM      | 6001.403          | 6001.407          |
| <b>Level 2</b>         | 9:20 AM      | 6002.403          | 6002.408          |
|                        | 10:45 AM     | 6002.404          | 6002.409          |
| <b>Level 3</b>         | 8:35 AM      | 6003.403          | 6003.408          |
|                        | 9:35 AM      | 6003.404          | 6003.409          |
| <b>Level 4</b>         | 9:25 AM      | 6004.402          | 6004.405          |
| <b>Level 5</b>         | 10:20 AM     | 6005.402          | 6005.405          |
| <b>Level 6</b>         | 11:05 AM     | 6006.402          | 6006.405          |
|                        | <b>Price</b> | \$28/\$35         | \$28/\$35         |
| <b>Water Explorers</b> | 11:05 AM     | 6150.407          | 6150.408          |

## Sunday Afternoon

|                      | Time         | Sept Ssn          | Nov Ssn           |
|----------------------|--------------|-------------------|-------------------|
|                      | Date         | 9/11-10/23 (7 wk) | 11/6-12/18 (7 wk) |
|                      | Price        | \$26.25/\$33      | \$26.25/\$33      |
| <b>Aquababy/tot</b>  | 4:30 PM      | 6050.403          | 6050.406          |
| <b>Turtle</b>        | 4:05 PM      | 6053.407          | 6053.414          |
| <b>Alligator</b>     | 3:30 PM      | 6054.407          | 6054.414          |
| <b>Seal</b>          | 4:25 PM      | 6055.406          | 6055.412          |
| <b>Dolphin</b>       | 2:55 PM      | 6056.405          | 6056.410          |
| <b>Whale</b>         | 2:55 PM      | 6057.405          | 6057.410          |
| <b>Level 1</b>       | 2:55 PM      | 6001.404          | 6001.408          |
| <b>Level 2</b>       | 3:05 PM      | 6002.405          | 6002.410          |
| <b>Level 3</b>       | 3:30 PM      | 6003.405          | 6003.410          |
| <b>Level 4</b>       | 4:15 PM      | 6004.403          | 6004.406          |
| <b>Level 5</b>       | 3:40 PM      | 6005.403          | 6005.406          |
| <b>Level 6</b>       | 3:30 PM      | 6006.403          | 6006.406          |
| <b>Teen/Tween</b>    | 4:15 PM      | 6102.402          | 6102.404          |
| <b>BLAST</b>         | <b>Price</b> | \$35/\$43.75      | \$35/\$43.75      |
| <b>BLAST 1</b>       | 12:30 PM     | 6214.414          | 6214.415          |
| <b>BLAST 2</b>       | 1:30 PM      | 6214.424          | 6214.425          |
|                      | <b>Price</b> | \$28/\$35         | \$28/\$35         |
| <b>Special Needs</b> | 3:45 PM      | 6101.401          | 6101.402          |



# Longmont Recreation Center Swim Lessons

## Tuesday Afternoons

|                     | Time         | Sept Ssn             | Nov Ssn              |
|---------------------|--------------|----------------------|----------------------|
|                     | Date         | 9/13-10/18<br>(6Wks) | 10/25-12/6<br>(6Wks) |
|                     | Price        | \$22.50/\$28.25      | \$22.50/\$28.25      |
| <b>Aquababy/tot</b> | 5:30 PM      | 6050.460             | 6050.470             |
| <b>Turtle</b>       | 3:45 PM      | 6053.460             | 6053.470             |
|                     | 4:20 PM      | 6053.461             | 6053.471             |
|                     | 4:55 PM      | 6053.462             | 6053.472             |
| <b>Alligator</b>    | 3:45 PM      | 6054.460             | 6054.470             |
|                     | 4:20 PM      | 6054.461             | 6054.471             |
|                     | 4:55 PM      | 6054.462             | 6054.472             |
| <b>Seal</b>         | 3:45 PM      | 6055.460             | 6055.470             |
|                     | 4:55 PM      | 6055.461             | 6055.471             |
| <b>Dolphin</b>      | 4:20 PM      | 6056.460             | 6056.470             |
| <b>Whale</b>        | 4:30 PM      | 6057.460             | 6057.470             |
| <b>Level 1</b>      | 4:30 PM      | 6001.460             | 6001.470             |
| <b>Level 2</b>      | 3:45 PM      | 6002.460             | 6002.470             |
|                     | 5:30 PM      | 6002.461             | 6002.471             |
| <b>Level 3</b>      | 3:45 PM      | 6003.460             | 6003.470             |
|                     | 5:05 PM      | 6003.461             | 6003.471             |
| <b>Level 4</b>      | 3:45 PM      | 6004.460             | 6004.470             |
|                     | 5:05 PM      | 6004.461             | 6004.471             |
| <b>Level 5/6</b>    | 4:20 PM      | 6005.460             | 6005.470             |
| <b>Teen Tween</b>   | 5:30 PM      | 6102.460             | 6102.470             |
|                     | <b>Dates</b> | 9/20-10/11           | 11/1-11-29           |
|                     | <b>Price</b> | \$16/\$20            | \$16/\$20            |

**Water Explorers** 5:00 PM 6150.460 6150.470

\* There will not be any swim lessons during Thanksgiving Break- Nov 21-25

## Wednesday Afternoons

|                  | Time     | Sept Ssn             | Nov Ssn              |
|------------------|----------|----------------------|----------------------|
|                  | Date     | 9/14-10/19<br>(6Wks) | 10/26-12/7<br>(6Wks) |
|                  | Price    | \$22.50/\$28.25      | \$22.50/\$28.25      |
| <b>Turtle</b>    | 12:00 PM | 6053.469             | 6053.479             |
| <b>Alligator</b> | 1:10 PM  | 6054.469             | 6054.479             |
| <b>Seal</b>      | 12:35 PM | 6055.469             | 6055.479             |
| <b>Dolphin</b>   | 1:45 PM  | 6056.469             | 6056.479             |

## Thursday Afternoons

|                   | Time    | Sept Ssn             | Nov Ssn              |
|-------------------|---------|----------------------|----------------------|
|                   | Date    | 9/15-10/20<br>(6Wks) | 10/27-12/8<br>(6Wks) |
|                   | Price   | \$22.50/\$28.25      | \$22.50/\$28.25      |
| <b>Turtle</b>     | 3:45 PM | 6053.465             | 6053.475             |
|                   | 4:20 PM | 6053.466             | 6053.476             |
| <b>Alligator</b>  | 3:45 PM | 6054.465             | 6054.475             |
|                   | 4:20 PM | 6054.466             | 6054.476             |
| <b>Seal</b>       | 3:45 PM | 6055.465             | 6055.475             |
|                   | 4:55 PM | 6055.466             | 6055.476             |
| <b>Dolphin</b>    | 4:55 PM | 6056.465             | 6056.475             |
| <b>Whale</b>      | 4:20 PM | 6057.465             | 6057.475             |
| <b>Level 1</b>    | 3:45 PM | 6001.465             | 6001.475             |
| <b>Level 2</b>    | 5:05 PM | 6002.465             | 6002.475             |
| <b>Level 3</b>    | 4:20 PM | 6003.465             | 6003.475             |
| <b>Level 4</b>    | 4:55 PM | 6004.465             | 6004.475             |
| <b>Level 5/6</b>  | 3:45 PM | 6005.465             | 6005.475             |
| <b>Teen Tween</b> | 4:55 PM | 6102.465             | 6102.475             |

## Sunday Mornings

|                     | Time         | Sept Ssn            | Oct Ssn               | Nov Ssn               |
|---------------------|--------------|---------------------|-----------------------|-----------------------|
|                     | Date         | 9/11-10/9<br>(5Wks) | 10/16-11/13<br>(5Wks) | 11/20-12/18<br>(5Wks) |
|                     | Price        | \$18.75/\$23.50     | \$18.75/\$23.50       | \$18.75/\$23.50       |
| <b>Aquababy/tot</b> | 9:40 AM      | 6050.463            | 6050.473              | 6050.483              |
| <b>Turtle</b>       | 8:30 AM      | 6053.463            | 6053.473              | 6053.483              |
|                     | 9:40 AM      | 6053.464            | 6053.474              | 6053.484              |
| <b>Alligator</b>    | 8:30 AM      | 6054.463            | 6054.473              | 6054.483              |
|                     | 9:40 AM      | 6054.464            | 6054.474              | 6054.484              |
| <b>Seal</b>         | 8:30 AM      | 6055.463            | 6055.473              | 6055.483              |
|                     | 9:05 AM      | 6055.464            | 6055.474              | 6055.484              |
| <b>Dolphin</b>      | 9:05 AM      | 6056.463            | 6056.473              | 6056.483              |
| <b>Whale</b>        | 9:05 AM      | 6057.463            | 6057.473              | 6057.483              |
| <b>Level 1</b>      | 9:05 AM      | 6001.463            | 6001.473              | 6001.483              |
| <b>Level 2</b>      | 8:30 AM      | 6002.463            | 6002.473              | 6002.483              |
| <b>Level 3</b>      | 8:30 AM      | 6003.463            | 6003.473              | 6003.483              |
| <b>Level 4</b>      | 9:05 AM      | 6004.463            | 6004.473              | 6004.483              |
| <b>Level 5/6</b>    | 9:15 AM      | 6005.463            | 6005.473              | 6005.483              |
|                     | <b>Date</b>  | 9/18-10/9           | 10/23-11/13           | 11/27-12/18           |
|                     | <b>Price</b> | \$16/\$20           | \$16/\$20             | \$16/\$20             |

**Water Explorers** 8:30 AM 6150.463 6150.473 6150.483

## Tuesday & Thursday Mornings

|                                    | Time         | Sept Ssn           | Oct Ssn              | Nov Ssn              | Dec Ssn               |
|------------------------------------|--------------|--------------------|----------------------|----------------------|-----------------------|
|                                    | Date         | 9/6-9/29<br>(4Wks) | 10/4-10/27<br>(4Wks) | 11/1-11/17<br>(3Wks) | 11/29-12/15<br>(3Wks) |
|                                    | Price        | \$30/\$37.50       | \$30/\$37.75         | \$22.50/\$28.25      | \$22.50/\$28.25       |
| <b>Turtle</b>                      | 10:40 AM     | 6053.468           | 6053.478             | 6053.488             | 6053.190              |
| <b>Alligator</b>                   | 9:00 AM      | 6054.468           | 6054.478             | 6054.488             | 6054.190              |
| <b>Seal</b>                        | 10:05 AM     | 6055.468           | 6055.478             | 6055.488             | 6055.190              |
| <b>Dolphin</b>                     | 9:30 AM      | 6056.468           | 6056.478             | 6056.488             | 6056.190              |
|                                    | <b>Price</b> | \$15/\$18.75       | \$15/\$18.75         | \$11.25/\$15         | \$11.25/\$15          |
| <b>Aquababy/tot (Tues only)</b>    | 9:30 AM      | 6050.468           | 6050.478             | 6050.488             | 6050.190              |
|                                    | <b>Price</b> | \$16/\$20          | \$16/\$20            | \$12/\$16            | \$12/\$16             |
| <b>Water Explorers (Thur only)</b> | 9:30 AM      | 6150.468           | 6150.478             | 6150.488             | 6150.190              |

