



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! Age is determined by your child's age on Jan 1, 2012.

Prerequisite 6-10, 6-12 & 11-14 groups: Ability to swim one length of pool front crawl with rotary breathing and back crawl without stopping or using assistance.

Prerequisite 8-18 & 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.

Meets: TBA

Centennial Tsunamis CARA:

Practice: January 3 – April 24 (15.5wks)

*No practice 3/27 & 3/29

Days: Tuesday & Thursday

Parent Meeting: First 15 minutes of practice on Jan 3

Location: Centennial Pool, 1201 Alpine St

Age Group	Time	Code	Fee
6-8 yrs	5:30-6:15pm	6203.101	\$93 res/\$116.25 non
9-10 yrs	6:15-7pm	6203.102	\$93 res/\$116.25 non
11-14 yrs	5:30-6:30pm	6203.103	\$98 res/\$122.50 non
11-18 yrs	6:30-7:45pm	6203.104	\$100.75 res/\$126 non

Longmont Recreation Center Piranha CARA:

Practice: January 9 – May 2 (16wks)

*No practice 3/26 & 3/28

Days: Monday & Wednesday

Parent Meeting: Wed, Jan 11, 5pm

Location: Longmont Recreation Center, 310 Quail Rd

Age Group	Time	Code	Fee
6-12 yrs	4:25-5:10pm	6203.170	\$96 res/\$120 non
8-18 yrs	4:25-5:25pm	6203.171	\$101 res/\$126.50
6-12 yrs	5:15-6:00pm	6203.172	\$96 res/\$120 non
8-18 yrs	5:30-6:45pm	6203.173	\$104 res/\$130 non

Pre-Summer Cara Prep

Age is determined by your child's age on the first day of class. Just keep swimming! Don't take the month of May off! This is a great chance to stay in the water working on technique and endurance to be ready for summer swim teams and/or triathlons!

Date/Days: May 1-17, Tuesday & Thursdays

Age Group	Time	Code	Fee
6-8 yrs	5:30-6:15pm	6203.201	\$24 res/ \$30 non
9-10 yrs	6:15-7pm	6203.202	\$24 res/ \$30 non
11-14 yrs	5:30-6:30pm	6203.203	\$27 res/ \$33.75 non
11-18 yrs	6:30-7:30pm	6203.204	\$27 res/ \$33.75 non

Location: Centennial Pool, 1201 Alpine St

CARA Dive Team- Longmont Twisters!

Pre-Requisite: Must be able to comfortably perform front dives from the diving board. All prospective CARA Dive Team divers will be evaluated the first week of practice. Are you coordinated, gutsy and love the water? Come try out for the CARA Dive Team! Looking for divers who are excited to try new dives and flips off of the diving boards and compete with other Front Range CARA Divers. Choose once or twice a week options.

8 to 18 years: Tues & Wed, 5:30-6:45pm

Dates: Jan 10-Mar 21* (10 wks) *No class 1/31 & 2/1

Location: Centennial Pool, 1201 Alpine St

2xweek Fee: \$145 res/ \$181.25 non-res Code: 6209.111

1xweek Fee: \$72.50 res/ \$90.75 non-res

Tuesday Only Code: 6209.112

Wednesday Only Code: 6209.113

Adult/Senior Swim Lessons

It is never too late to learn to swim or improve your skills! For adults and seniors of all swimming abilities, this class offers individualized instruction within a supportive group environment.

18 to Adult:

Dates: Sundays, 8:30-9:15am Code:

Jan 8-Feb 12 \$30 res/\$37.50 non-res 6101.178

Feb 19-Mar 25 \$30 res/ \$37.50 non-res 6101.268

Apr 15-May 20 \$30 res/ \$37.50 non-res 6101.278

Location: Longmont Recreation Center
310 Quail Road

18 to Adult:

Dates: Sundays, 2:45-3:30pm Code:

Jan 8-Feb 19 \$35 res/ \$43.75 non-res 6101.101

Feb 26-Apr 1 \$30 res/ \$37.50 non-res 6101.102

Apr 15-May 20 \$30 res/ \$37.50 non-res 6101.201

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.

50 years +: Tuesday, 10:45-11:30am

Dates: Jan 3-Feb 7 Code: 6101.161

Feb 14-Mar 20 Code: 6101.171

Apr 3-May 8 Code: 6101.271

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$30 resident/ \$37.50 non-resident

Adult Swim Technique Training

Not sure you're ready for a Masters workout? Geared towards adults and seniors looking to refine their stroke, improve endurance, join Masters or train with other adults in a smaller group setting. Masters Coach Robert provides individualized instruction intended to improve your stroke and breathing technique. *No class Jan 29.

18 to Adult: Sun, 11am-12pm

Dates: Jan 8-Feb 19* Code: 6101.103

Feb 26-Apr 1 Code: 6101.104

Apr 15-May 20 Code: 6101.202

Location: Centennial Pool, 1201 Alpine St

Fee: \$36 resident / \$45 non-resident



Swimming for Beginning Triathletes

Learn the techniques- sighting, drafting, group swimming- and develop the endurance you need to tackle your first open water swim. Recommended for swimmers able to swim 100 yards or more without stopping. *No class Apr 8.

18 to Adult:
 Mar 25-May 20*, Sun, 3:45-4:45pm Code: 6101.203
 Location: Centennial Pool, 1201 Alpine St
 Fee: \$48 resident / \$60 non-resident

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! Maximum of 16 kayaks. When reserving- please use Code: 4793 + Date(s) desired.

Days/Dates: Sundays, 5-7pm, Jan 8-April 1
 Location: Centennial Pool, 1201 Alpine St
 Fee: \$8 resident/ \$10 non-resident

Hiring for Summer 2012 begins in January!

Get your Lifeguard and/or WSI certification today to be ready to apply!

ARC Lifeguard Training

Pre-Requisite: Must be 15 years old before the last class; 550 yard continuous swim of 200 Front Crawl, 200 Breaststroke, 150 Front Crawl or Breaststroke. Be prepared to swim pre-requisites at the first class!

Learn the basics of lifeguard skills and practices. First Aid and CPR/AED for the Professional rescuer are included. Register at least 1 week before the first class to ensure place in class. If you are unsure if you can pass the Pre-Requisite- drop in to the Beginning Masters Swim Group Tues/ Thurs nights 7:30pm-8:30pm at Centennial Pool!

15 to Adult: \$160 resident/ \$200 non-resident

Dec Ssn: Pre-Test: Dec 21, Wed 5-6pm
 Dec 27-30, Tues-Fri 9am-6pm
 Location: Centennial Pool, 1201 Alpine Code: 6301.101

Feb Ssn: Pre-Test & Class: Feb 12, Sun, 8-3pm
 Feb 17, Fri 5-8pm; Feb 18, Sat 11-7pm;
 Feb 19, Sun 8-3pm
 Feb 20, Mon 8-4pm Code: 6301.102
 Location: Centennial Pool, 1201 Alpine

Mar Ssn: Pre-Test on 1st day of class Code: 6301.201
 Mar 27-30, Tues-Fri 9am-6pm
 Location: Centennial Pool, 1201 Alpine

Apr Ssn: Pre-Test on 1st day of class Code: 6301.250
 Apr 9-30, Sundays 10am-5pm & Mondays 5-8pm
 Location: Longmont Recreation Center, 310 Quail Rd

Pre-Water Safety Instructor Training

This class will help you successfully pass the pre-requisites to take the ARC Water Safety Instructor Training. Strokes taught and perfected by an experienced instructor to help prepare you to teach others how to swim. \$10 will be credited towards WSI class. Save \$5 when sign up for both days.

15 to Adult:
Front/Back Crawl, Elementary Backstroke
 Dec 26, Mon, 4:30-6pm Code: 6320.110
 Mar 21, Wed, 5:30-7pm Code: 6320.112

Breaststroke, Butterfly, Sidestroke
 Dec 27, Tue, 4:30-6pm Code: 6320.111
 Mar 23, Fri, 4:30-6pm Code: 6320.113
 Location: Centennial Pool, 1201 Alpine St
 Fee: \$10 resident/ \$12.50 non-resident



ARC Water Safety Instructor Training

Pre-Requisite: 16 yrs old on or before the last day of class. Level 4 proficiency of Front & Back Crawl, Breaststroke, Sidestroke, Elementary Backstroke and Butterfly. Learn the techniques and skills necessary to be an American Red Cross Instructor. FIT certification is included with this class. Class is intensive; please bring swim suit(s), towel(s), pen and highlighter and food to get you through. Must attend all classes.

16 to Adult: \$160 resident / \$200 non-resident pending employee \$90

Jan Ssn: Code: 6320.100
 Jan 9, Mon, 5-9:30pm, pretest and FIT
 Jan 13, Fri, 5-9:30pm; Jan 14, Sat, 9-6pm; Jan 15, Sun, 11-7pm; Jan 16, Mon, 5-9:30pm; Jan 19, Thurs, 5-9pm

Apr Ssn: Code: 6320.200
 Apr 2, Mon, 5-9:30pm pretest and FIT
 Apr 13, Fri, 5-9:30pm; Apr 14, Sat, 9-6pm; Apr 15, Sun, 11-7pm; Apr 16, Mon, 5-9:30pm; Apr 19, Thurs, 5-9pm
 Location: Centennial Pool, 1201 Alpine St

Swim Instructor Aide

Pre-Requisite: 11 years old and completion of Level 4. Enjoy swimming and like children? Want to be a Water Safety Instructor, but not 16 yet? Learn how to assist instructors with swim lessons. After successful completion of class, year round volunteer opportunities exist with City of Longmont swimming lessons!

11 to 16 years: Saturdays, 8:30-11:30am
 Dates: Jan 14 & 21 Code: 6322.101
 Apr 21 & 28 Code: 6322.203

11 to 16 years: Sundays, 2-5pm
 Dates: Jan 15 & 22 Code: 6322.102
 Apr 22 & 29 Code: 6322.204

11 to 16 years: Monday & Wednesday, 4-7pm
 Dates: Feb 6 & 8 Code: 6322.103
 Mar 5 & 7 Code: 6322.201
 Apr 9 & 11 Code: 6322.202
 May 7 & 9 Code: 6322.205

Location: Centennial Pool, 1201 Alpine St
 Fee: \$20 resident/\$25 non-resident



Babysitter's Training

The American Red Cross Babysitter's Training course provides the information and skills necessary to provide safe and responsible care for children in the absence of parents or guardians. This training will help participants develop skills in 5 critical areas: leadership, safety and safe play, basic care, first aid, and professionalism.



- 11 to 16 years:
 Fee: \$55 resident/ \$68.75 non-resident
 Dec 29-30, Thurs & Fri, 11:30am-3:30pm Code: 6310.101
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
- Jan 16, Mon, 9am-4:30pm Code: 6310.102
 Feb 20, Mon, 9am-4:30pm Code: 6310.103
 Location: Youth Center, 1050 Lashley St
- Mar 2, Fri, 9am-4:30pm Code: 6310.201
 Apr 27, Fri, 5-8pm & Sat, Apr 28, 12-4pm Code: 6310.202
 Location: Centennial Pool, 1201 Alpine St

Babysitter's Boot Camp

This course includes certification in Babysitter's Training, First Aid, and CPR for infants and children. Includes two text books for later reference. Great for both experienced and novice sitters ages 12 and older. Please bring a sack lunch or snacks as needed.

- 12 to Adult: \$85 resident / \$106.25 non-resident
 Dates: Mar 29-30, Thurs & Fri, 9am-3pm
 Code: 6310.225
 Location: St Vrain Memorial Building, 700 Longs Peak Ave

Babysitter's Practicum

Have you taken Babysitter's Training and want to put your skills to work in a supervised environment? Join us during Parents' Night Out to practice in a supportive setting. You will be contacted for an over-phone interview prior to the event for selection and confirmation. This is a FREE volunteer opportunity.

- 11 to 19 years: FREE
 Dates: Feb 11, Sat, 4-9:15pm Code: 6310.175
 Mar 10, Sat, 4-9:15pm Code: 6310.275
 May 12, Sat, 4-9:15pm Code: 6310.276
 Location: Centennial Pool, 1201 Alpine St

CPR with AED

This American Red Cross class covers CPR & AED for adults, children and infants.

- 12 to Adult:
 Fee \$65 resident/ \$81.25 non-resident
 Dates: Jan 16, Mon, 9-12pm Code: 6332.150
 Mar 10, Sat, 9-12pm Code: 6332.250
 May 9, Wed, 5-8pm Code: 6332.251
 Location: Longmont Recreation Center, 310 Quail Rd

CPR/AED & First Aid

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

- 12 to Adult: \$85 resident/ \$106.25 non-resident
 Dates: Dec 20&22, T/Th, 4-7pm Code: 6330.401
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
- Dates: Feb 26, Sun, 10-3pm Code: 6330.150
 Apr 2&4, M/W, 7-9:30pm Code: 6330.250
 Location: Longmont Recreation Center, 310 Quail Rd

First Aid

The American Red Cross First Aid Basics.

- 12 to Adult: Mar 10, Sat, 1-4pm Code: 6333.202
 Location: Longmont Recreation Center, 310 Quail Rd
- 12 to Adult: May 11, Fri, 5-8pm Code: 6333.203
 Location: Centennial Pool, 1201 Alpine St
 Fee: \$50 resident / \$62.50 non-resident

Wilderness and Remote First Aid

Gain the knowledge and backcountry skills to be able to respond to emergencies and give care in areas that do not have immediate emergency medical services (EMS) response. This includes wilderness and remote environments, including urban disasters. Must have CPR certification prior to class.

- 14 to Adult: Sat, Mar 17 & 24, 9-5pm Code: 6334.250
 Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$75 resident/ \$93.75 non-resident



We will bring CPR, AED, and/or First Aid Classes to your group of 6 or more! Please contact Heather at heather.deal@ci.longmont.co.us to set up a date(s).

Union Reservoir Hours

Park Fees Apply Year-round
November 1-February 28:
 Open daily from sunrise to sunset
 walk in access only.

March 1-April 30:
 Daily, 6am-6pm
 Note: Hours subject to change

Admission Fees:

- Vehicle \$8
- Trailored Boat \$8
- Bicycle \$2/person
- Season Pass \$55/\$65
- Second Vehicle \$25/\$25
- Senior Pass \$35/\$40
- Trailored Boat Pass \$40/\$40
- Commercial Vehicles \$75
- Year-round Boat Storage \$250

Union Reservoir

**0461 Weld County Rd 26
 Longmont, CO 80504
 303-772-1265**

Union Reservoir is a 736-acre body of water offering the best in wakeless boating and a variety of other outdoor activities.

Boating and camping

are closed for the season.
 Boating is available March 1.
 Camping is available May 1.
 Visit www.ci.longmont.co.us/parks/park_list
 or call 303-772-1265 for more information.

