

SWIMMING LESSONS

Registration

Swim lesson registration will be ongoing at the Parks & Recreation Office in City Hall and the Rio Rancho Aquatic Center or online at www.rnm.gov/ActiveNet.

Weekday fee \$42

Please read the following descriptions to determine what class best fits your child's abilities. Staff will make any necessary adjustments during the classes to assure your child has the best experience.

- Parent and Tot** (Ages 6 months to 3 years) Parent must accompany children in the water. Goals include water adjustment, getting in/out, doggie paddle, and safety skills.
- Tadpoles** (Preschool - Ages 3 to 5) Students learn basic water skills, water acclimation, submerging, breath control, and safety skills/rules on their own.
- Sea Shells** (Early beginners - Ages 4 to 7) Students learn basic water skills, floating, submerging, breath holding, safety skills, and rules.
- Sea Horses** (Beginner - Ages 4 to 7) Students learn beginning techniques of front crawl stroke, how to use a kick board, jumping in, safety skills, and rules.
- Sunfish** (Beginner Intermediate - Ages 5 to 9) Students work on front crawl stroke emphasizing kicking, breathing, and arm stroke technique, safety skills, recovery after falling in deep water, and water safety tips.
- Sting Rays** (Intermediate - Ages 6 to 10) Students review and improve on front crawl and learn backstroke, introduced to deeper water, safety skills and rules.
- Barracudas** (Advanced Intermediate - Ages 7 to 12) Students review backstroke and front crawl skills. Big emphasis on safety, how to start dive, and by the end of class the ability should be achieved to swim 25 yards of front crawl.
- Dolphins** (Pre-Swim Team - Ages 8 and up) Students review strokes, learn elementary backstroke, breaststroke and underwater swimming.
- The Adult Class** is designed for anyone 12 and up who wants to learn to swim for the first time and would like to learn basic swimming techniques. The class will be tailored for each individual and is right for any adult who has the desire to learn, even those who may have a fear of the water. Safety skills are also included.

*Participants must fall in the age range and successfully complete each previous level to advance to next class.

If you feel your child needs an individual evaluation to advance to the next level, please contact Jennifer by e-mail at jscheppmann@rnm.gov or by phone at (505) 891-5232.

Skill Levels

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|--------------------------|----------------------|
| Level 1 - Parent and Tot | Level 6 - Sting Rays |
| Level 2 - Tadpoles | Level 7 - Barracudas |
| Level 3 - Sea Shells | Level 8 - Dolphins |
| Level 4 - Sea Horses | Level 9 - Adult |
| Level 5 - Sunfish | |

Haynes Outdoor Pool

1st week of classes are Monday thru Thursday, 2nd week are Monday thru Wednesday.		
Time	Session 1 7/5 - 7/14	Session 2 7/19 - 7/28
8:30 AM	6,7,8	6,7,8
9:20 AM	3,4,5	3,4,5
10:10 AM	2,4,6	2,4,6
11:00 AM	3,5,7	1,3,5



Rio Rancho Aquatic Center

1st week of classes are Monday thru Thursday, 2nd week are Monday thru Wednesday.		
Time	Session 1 7/6 - 7/15*	Session 2 7/19 - 7/28
5:35 PM	1,2,3	2,3,4
6:20 PM	4,5,6	6,7,8
*Session 1 first week classes are Tuesday through Thursday. Second week classes are Monday thru Thursday.		