

Dear Lesson Parents and Families,

The goal of the City of Albuquerque Aquatics is to provide safe recreation and activities for the community, and one of the ways we do that is by offering affordable swim lessons throughout the year. The Aquatics Team has been reviewing the current lesson program to modify and better equip swimmers of all ages and skill levels to continue to grow and learn in the water. There have been changes in many of the classes we offer, but the goal of swimming lessons remains the same.



The curriculum of the wave classes has been altered to focus on technique, distance, and endurance of basic swimming skills for all ages and skill levels. Each wave will focus on one swimming stroke and practice the skills necessary for that skill every day. As swimmers progress through each wave, they will continue to perfect every skill, past and present, working on gaining confidence in the water. If a participant completes each wave class sufficiently, they should be able to perform a 25 yard swim of each stroke, freestyle, backstroke, breaststroke, and butterfly.

In addition to revising the wave classes, our team has been working to improve other aquatic programs as well. The City of Albuquerque currently offers a Junior Lifeguard Program for young adults that focus' on safety preparedness in an aquatic environment. Other programs include Adventures in Aquatics, where participants can learn various water activities, and Kids Triathlon, which teaches children the fundamentals of a triathlon. All of the aquatic programs we offer are designed to encourage fun and safe recreational swimming.

The changes in our swimming programs curriculum will begin during the spring lessons of 2015, at Sandia and West Mesa Aquatics Center. This will be a trial and testing period. Please bear with us and our lesson instructors as this will be new and different for all. We hope to have a finalized curriculum in place before summer swimming lesson registration begins. Signing up for swimming lessons during Mass Lesson Registration will be in accordance with the new curriculum and there is a Day One Placement Chart to understand better where a child will be placed based on their skill level. At the time of signing up, participants will be placed in the class that best suits their skill level

As always, our main focus for aquatics is to provide safe recreation and activities for the City of Albuquerque. We hope you and the family continue to grow and learn with us, as we continue to grow and learn for our community. If you have questions, please visit at your local swimming pool or online at www.cabq.gov/aquatics.

Thank you!
Aquatics Management Team
City of Albuquerque



DAY ONE PLACEMENT CHART

