

## Learn to Swim Lesson Update 2017

The City of Albuquerque Aquatics Division is proud to introduce a new pod class to accommodate young children who are just getting ready to start in the main pool by themselves. This new Pod One class will be targeted for children just coming out of preschool class who are not yet able to complete coordinated freestyle, usually children ages 5-7. Pod One focuses on being comfortable in the main pool, 3ft deep, while working on the basics of floating and kicking. Children who are able to successfully complete Pod One will be better accustomed to being in the water and move up in their swimming experience.



Our other pod classes have been revised to give children the best possible swimming and learning experience, while remaining focused on each individual stroke. The new pod system and classes should progress more smoothly.

- Parent Tot: 6 months to 3 years old
- Preschool: 3-5 years old
- Pod One, water acclimation & floating: 5-7 years
- Pod Two, freestyle: 6+ years
- Pod Three, backstroke
- Pod Four, breaststroke
- Pod Five, butterfly
- Diving, offered at select pools.

The changes in our swimming programs curriculum will begin during the spring lessons of 2017, 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](http://www.cabq.gov/aquatics).

Thank you!  
Aquatics Division  
City of Albuquerque

