

# Shanta Strong Swim Fund

## Scholarship Application

Free swim lessons for Children

Please list all children in your household, thank you.

Child's first and last name

\*See skill levels on next page

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Swimming Ability \* \_\_\_\_\_

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### Swim Lessons:

Before filling out lesson information, please view the current lessons schedule by visiting [cabq.gov/pools](http://cabq.gov/pools) or by calling 505-768-5368

First choice:

Pool name: \_\_\_\_\_

Session Dates: \_\_\_\_\_

Session times: \_\_\_\_\_

Second choice:

Pool name: \_\_\_\_\_

Session Dates: \_\_\_\_\_

Session times: \_\_\_\_\_

### Parent Information:

First name \_\_\_\_\_ Last name \_\_\_\_\_ Birth date \_\_\_\_\_

Email \_\_\_\_\_ Phone number \_\_\_\_\_

First name \_\_\_\_\_ Last Name \_\_\_\_\_ Birth date \_\_\_\_\_

Email \_\_\_\_\_ Phone number \_\_\_\_\_

To qualify for the **Shanta Strong Swim Fund Scholarship**, your child must qualify for the Free Lunch Program through their school or New Mexico EBT. Approval letter from school or award letter from NM EBT must accompany this application. Please email application to [mjportillo@cabq.gov](mailto:mjportillo@cabq.gov), or mail or hand deliver to Aquatics Division: 1801 4<sup>th</sup> St NW Albuquerque NM, 87102.

## **\* Learn to Swim - skill level descriptions**

### **Parent Tot 1- Guppy (6 to 18 month)**

This course is designed to familiarize young children and parents with basic water safety swim skills while encouraging investigative play in the water. Parents will receive safety information about how to prevent and provide care for some childhood accidents. Child will be introduced to floating, breath control, and other safety skills with aid of playful skills and songs alternated to enrich the learning experience. A caregiver must get in the water with the swimmer.

### **Parent Tot 2- Minnow (18 months to 2 years)**

This course is structured to enhance water exploration through games, songs, and acclimation skills to allow the child to develop a fun, comfortable, and healthy relationship with the water. The curriculum aims to ensure child will feel comfortable with water exploration by the end of the course with aid from a caregiver. A caregiver must get in the water with the swimmer.

### **Preschool 1- Jellyfish (3 to 4-1/2)**

This course is structured to bridge the gap of water exploration with a parent to independent water acclimation. Children will begin to receive familiarization with fundamental swim skills needed to learn how to swim without assistance. This curriculum aims to enhance independent water acclimation through playful skills and songs. Students must be able to be in the water independently without a caregiver.

### **Preschool 2- Starfish (4 to 5 years)**

This course focuses on comfortably transitioning from water exploration to independent floats ranging from safety float, front float, back float, and super hero glides. Children will develop primary safety swimming skills that will set the foundation for future swimming technique and development of strokes. Students must be able to move independently in the water without a caregiver.

## **Child Lesson Pods**

Children over the age of 5 are divided into pods based on skill level. When your child masters the skills in the pods listed below, he or she will earn a certificate and move to the next pod.

### **Pod 1 - Sea Horse- Water Acclimation/Floating**

This course is designed to introduce water acclimation and exploration in shallow water 3 feet deep while developing skills for safe recreation water play. The curriculum aims to develop skills that allow the child to swim without any assistance and properly swim to safety.

### **Pod 2 - Alligator - Freestyle**

This course is designed to set foundational skills to teach children proper freestyle technique. The child will be able to swim elementary freestyle and be introduced to backstroke fundamentals by the end of the course. Students must be able to perform a front float independently, comfortably swim in water 3 feet deep, and know how to swim to safety before participating in this course.

### **Pod 3 - Otter - Backstroke**

This course is designed to develop skills in performing elementary backstroke. The curriculum aims to collectively develop skills in backstroke while continuing to practice freestyle skills. Students must be able to swim elementary freestyle for 15 yards, jump into deep water and swim to safety, and tread water for a least 20 seconds before participating in this course.

### **Pod 4 - Octopus – Breaststroke**

This course is designed to build upon elementary freestyle and elementary backstroke while implementing the fundamentals of breaststroke. This curriculum aims to increase water comfortability by building endurance and technique in skills in freestyle, backstroke, deep water diving, and treading water. Students must be able to swim coordinated freestyle and backstroke for 15 yards, jump into deep water and swim to safety, and tread water for at least 30 seconds.

### **Pod 5 - Dolphin - Butterfly**

This course is designed to develop skills in performing the stroke of butterfly. The curriculum aims to enhance endurance and technique in freestyle, backstroke, and breaststroke. This course targets skills that will prepare a child for a competitive swim team. Students must be able to proficiently perform freestyle and backstroke, swim at least 15 yards of coordinated breaststroke, and tread in deep water for a minute.