

DID YOU KNOW?

- Drowning is the leading cause of accidental death in children aged 1-4 years old.
- One month of formal swimming lessons reduces the risk of drowning by 88%
- Children who start swimming lessons at an early age often show improved physical coordination and motor skills.



NOT SURE WHAT CLASS TO SIGN UP FOR?

Scan this QR code to take our swim lesson selection assessment to better guide you



¿NECESITAS AYUDA PARA SABER CUAL CLASE ES MEJOR PARA TU HIJO?

Escanea este código QR para tomar nuestra evaluación lección de natación.



CITY OF ALBUQUERQUE LEARN TO SWIM PROGRAM

FALL 2024 SWIM LESSON SCHEDULE



CLASS DESCRIPTIONS

Parent Tot 1 Guppy: 6 to 18 months

Familiarization with basic water safety swim skills – child and parent will be introduced to floating, breath control, and other safety skills.

Parent Tot 2 Minnow: 18 months - 2 years

Building up to independent water exploration- using games, songs, and acclimation skills to allow the child to develop a fun, comfortable, and healthy relationship with the water.

Preschool 1 Jellyfish: 3 to 4-1/2 years

Independent water acclimation - child will begin to receive familiarization with fundamental swim skills needed to learn how to swim without assistance through playful skills and songs.

Preschool 2 Starfish: 4 to 5 years

Transition from water exploration to independent floats- child will be introduced to safety float, front float, back float, superhero glides and other safety skills that will set the foundation for future swimming technique and development of strokes.

Pod 1-Sea Horse: 6 to 14 years

Water Acclimation/Floating-Focus on being comfortable in the main pool, 3 feet deep or shallowest end of the pool, and work on the basics of floating and kicking.

Pod 2-Alligator: 6 to 14 years

Freestyle - Fundamentals of freestyle and treading water. After completing this course, students should be able to swim 10 to 15 yards of coordinated freestyle.

Pod 3-Otter: 6 to 14 years

Backstroke - Become comfortable swimming on back and coordinated backstroke. After completing this course, students should be able to swim 10 to 15 yards of coordinated backstroke and 15+ yards of freestyle.

Pod 4-Octopus: 6 to 14 years

Breaststroke/Butterfly - Coordinated breaststroke, butterfly and diving. After completing this course, students should be able to swim 10 to 15 yards of coordinated breaststroke, swim 10 to 15 yards of coordinated butterfly, 25 yards of freestyle and backstroke, and treading for 1 minute.

Adult: 18+

This class is designed to help adults of all skill levels improve their swimming techniques and build confidence in the water. These classes often focus on stroke development, breathing techniques, and building comfort in the water. ***ADULT CLASSES WILL ONLY BE OFFERED AT BETSY PATTERSON POOL FOR FALL 2024***



BETSY PATTERSON POOL

7801 Candelaria Rd NE,
Albuquerque, NM
87110
(505) 767-5448

SUNDAYS

9:00 - 9:30 A.M

9:45 - 10:15 A.M

10:30 - 11:00 A.M

Session One: 09/08 - 10/20



HIGHLAND POOL

400 Jackson St SE,
Albuquerque, NM 87108
(505) 768-3940

SUNDAYS

11:00 - 11:45 A.M.

Session One: 09/15 - 10/06

Session Two: 10/13 - 11/03



LOS ALTOS POOL

10100 Lomas Blvd NE,
Albuquerque, NM 87112
(505) 768-4901

SATURDAYS

3:15 - 4:00 P.M.

4:05 - 4:50 P.M.

Session One: 09/28 - 10/19

Session Two: 10/26 - 11/16



VALLEY POOL

1505 Candelaria Rd
NW, Albuquerque, NM
87107
(505) 768-4901

MONDAYS AND WEDNESDAYS

5:30 - 6:00 P.M.

Session One: 09/02 - 9/25

Session Two: 10/07 - 10/30

REGISTER AT PLAY.CABQ.GOV

**Registration begins
August 10th,
2024 at 12 P.M.**



WEST MESA AQUATIC CENTER

6705 Fortuna Rd NW,
Albuquerque, NM 87121
(505) 836-8718

TUESDAYS AND THURSDAYS

5:15 - 5:45 P.M.

Session One: 09/03 - 09/26

Session Two: 10/01 - 10/23