



## Swim Classes

**PLEASE NOTE:**

**Registration deadline for all aquatics classes is the Thursday before the class is scheduled to begin.**

**Parents need to remain in the bleacher area for all classes except for Parent/Tot.**

**A missed class or classes cancelled by weather or holidays will not be rescheduled.**

**MINIMUM AGE OF 5 YEARS FOR ALL LEVELS. All participants will be tested for proper skills.**

### Youth Learn to Swim

**Level I Water Exploration**

**Fee \$60**

A class designed to help students feel comfortable in the water. Students will work on breath-holding, front/back floating, entering water independently, introduction to flutter kicking, and front crawl arms. Students with water experience may advance through this level rapidly. Limit 8 students per class.

<b><u>Session I:</u></b>	(Jan 4 - Jan 14)		
	M-TH	5:00 pm - 5:50 pm	Leisure Pool
<b><u>Session II:</u></b>	(Jan 25 - Feb 4)		
	M-TH	5:00 pm - 5:50 pm	Leisure Pool
<b><u>Session III</u></b>	(Feb 15 - Feb 25)		
	M-TH	5:00 pm - 5:50 pm	Leisure Pool
<b><u>Session IV:</u></b>	(Mar 8 - Mar 18)		
	M-TH	5:00 pm - 5:50 pm	Leisure Pool
<b><u>Session V:</u></b>	(April 5 - April 15)		
	M-TH	5:00 pm - 5:50 pm	Leisure Pool
<b><u>Session VI:</u></b>	(May 3 - May 13)		
	M-TH	5:00 pm - 5:50 pm	Leisure Pool

## Level II Primary Skills

Fee \$60

A class designed to give students fundamental stroke and self-propulsion skills. The students will learn unsupported front/back glide, front crawl coordination with breathing, begin back crawl arm action and an orientation to deep water. Limit 8 students per class.

<b>Session I:</b> (Jan 4 - Jan 14)	M -TH	6:00 pm - 6:50 pm	Leisure Pool
<b>Session II:</b> (Jan 25 - Feb 4)	M -TH	6:00 pm - 6:50 pm	Leisure Pool
<b>Session III:</b> (Feb 15 - Feb 25)	M -TH	6:00 pm - 6:50 pm	Leisure Pool
<b>Session IV:</b> (Mar 8 - Mar 18)	M -TH	6:00 pm - 6:50 pm	Leisure Pool

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## Level III Stroke Readiness

Fee \$60

This class will build upon the skills learned in Level II. The student will learn to coordinate front and back crawl, be introduced to elementary backstroke, treading, retrieving objects, and diving. Limit 8 students per class.

<b>Session III:</b> (Feb 15 - Feb 25)	M -TH	6:00 pm - 6:50 pm	Leisure Pool
<b>Session V:</b> (Apr 5 - Apr 15)	M -TH	6:00 pm - 6:50 pm	Leisure Pool

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## Level IV Stroke Development

Fee \$60

Develop Confidence and endurance in front crawl, back crawl, elementary backstroke, and existing skills. Skills learned will include standing dive, deep water skills, breaststroke introduction, sidestroke and treading water (scissor kick, rotary kick)

<b>Session I:</b> (Jan 4 - Jan 14))	M -TH	6:00 pm - 6:50 pm	Leisure Pool
<b>Session II:</b> (Jan 25 - Feb 4)	M -TH	6:00 pm - 6:50 pm	Leisure Pool
<b>Session IV:</b> (Mar 8 - Mar 18)	M -TH	6:00 pm - 6:50 pm	Leisure Pool
<b>Session V:</b> (Apr 5 - Apr 15)	M -TH	6:00 pm - 6:50 pm	Leisure Pool

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## Adult Learn to Swim

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### Beginner Class/Terrified Adults!

**Fee \$60**

This class is designed to teach the adult beginner primary skills and stroke readiness. The class is designed to teach the student how to feel comfortable in the water and learn essential elementary aquatic skills. Skills taught include water adjustment, front and back float, and an introduction to front and back crawl. **Limit 8 students per class.**

#### **Session I:** (Jan 4 - Jan 14)

M-TH 9:00 am-9:50 am 50-Meter Shallow

#### **Session III:** (Feb 15 - Feb 25)

M-TH 9:00 am-9:50 am 50-Meter Shallow

#### **Session V:** (Apr 5 - Apr 15)

M-TH 9:00 am-9:50 am 50-Meter Shallow

### Intermediate Class

**Fee \$60**

This class is designed to teach the adult swimmer stroke development. The student will learn front crawl, back crawl, elementary backstroke, and be introduced to the breaststroke. Limit 10 students per class.

#### **Session II:** (Jan 25 - Feb 4)

M-TH 10:00 am-10:50 am 50-Meter Shallow

#### **Session IV:** (Mar 8 - March 18)

M-TH 10:00 am-10:50 am 50-Meter Shallow

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## Drop-In

### Shallow Water Exercise

**See Fees Page 3**

This class is set to music and designed to invigorate and energize. Exercise against the resistance of water while increasing stamina, improving posture, and muscle tone. This moderately paced aerobics program is for the fitness beginner that needs exercise at a relatively steady pace. No swimming ability required.

**PLEASE NOTE: Class Depends Upon Instructor Availability.**

M-W-F Drop-In 8:00 am - 9:00 am 50-Meter Shallow

### Kayaking

**Special Drop-In Fee \$10**

On wednesdays, the shallow end of the 50-meter pool will close for kayaking, no instruction is provided. All participants must sign a "Release & Hold Harmless" agreement before participation.

W 7:00 pm - 8:30 pm 50-Meter Shallow

## Infant/Parent Open Swim

**Special Drop-In Fee \$8**

This time is designated for parents and infants only! This is not a class.

T & TH	9:00 am - 10:00 am	Therapy pool only.	Infants - 2 years
T & TH	10:00 am - 11:00 am	Leisure pool only.	3 - 5 years

## Parent/Tot

**Fee \$60**

This class is designed for parents with babies ages 1-3. The class is designed to teach the babies enjoyment of the water, development of basic water awareness, socialization to groups, and teach the parents basic water safety skills. An adult must accompany the child into the water. Rubber or plastic pants are required. Limit 8 students per class.

<b>Session I:</b> (Jan 4 - Jan 14)			
	M-TH	9:00 am - 9:50 am	Leisure Pool
<b>Session II:</b> (Jan 25 - Feb 4)			
	M-TH	9:00 am - 9:50 am	Leisure Pool
<b>Session III:</b> (Feb 15 - Feb 25)			
	M-TH	9:00 am - 9:50 am	Leisure Pool
<b>Session IV:</b> (Mar 8 - Mar 18)			
	M-TH	9:00 am - 9:50 am	Leisure Pool
<b>Session V:</b> (Apr 5 - 15)			
	M-TH	9:00 am - 9:50 am	Leisure Pool

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## *Join the Santa Fe Seals!*

This team is designed to develop competitive swimming skills in a fun and positive environment. If you are between the ages of 5 and 20 and have the desire to compete and improve your skills, come join the Santa Fe Seals! We host several swim meets each year and travel to meets in the area. For more information call 955-4052.

### Novice swimmers practice

4:00 pm - 5:00 pm M - F

### Experienced swimmers practice

4:30 pm - 6:30 pm M - F

### Pool fees \$55 quarter

**Yearly team fee \$54 USA Swimming and \$146.00 to City of Santa Fe Seals Team.**

**GO  
Seals!**

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## Lifeguard Training Classes

**Fee \$150 plus books  
and materials**

Contact Pool Office at  
955-4041 for curriculum,  
dates, and times.

