Parent & Tot: Parents enter the water with child. Goals are set each day to become familiar with the water and the idea of an instructor. (4 and under)

Tadpoles: Introduction to water: Going underwater blowing bubbles. (Ages 4-6)

Seashells: Sliding through the water (Ages 5-6)

Seahorses: Sliding on back and beginnings for front crawl (Ages 6-7)

Sunfish: Front Crawl (Ages 6-8)

Stingrays: Backstroke and beginning Butterfly (Ages 7-10)

Barracudas: Breaststroke and beginning Butterfly (Ages 9 and up)

Dolphins: Pre-swan team class (Ages 10 and up but reliant on skill)

Adult Beginner: Became comfortable moving through the water and kick boards and Breaststroke (Ages 10 and up)

Adult Intermediate: Learning Freestyle, breathing properly swimming 100 yards. (Ages 12 and up)

**MONDAYS Session I: $56.00**

9/9, 9/16, 9/23, 9/30, 10/7, 10/14, 10/21
3:30pm-4:00 Parent Tot
4:00pm-4:30pm Tadpoles
4:45-5:15pm Seashells/Seahorses
5:45pm-6:15pm Sunfish/Stingrays
6:15pm-6:45pm Barracudas/Dolphins
7:00pm-7:30pm Adult Beginner/Intermediate

**THURSDAYS Session I: $56.00**

9/5, 9/12, 9/19, 9/26, 10/3, 10/16, 10/14
4:00pm-4:30pm Parent Tot/Seahorses
4:45-5:15pm Seashells/Tadpoles
5:45pm-6:15pm Sunfish/Stingrays
6:15pm-6:45pm Barracudas/Dolphins/Water Polo
7:00pm-7:30pm Adult Beginner/Intermediate

**TUESDAYS Session I: $64.00**

9/3, 9/10, 9/17, 9/24, 10/1, 10/8, 10/15, 10/22
3:30pm-4:00 Parent Tot
4:00pm-4:30pm Tadpoles
4:45-5:15pm Seashells/Seahorses
5:45pm-6:15pm Sunfish/Stingrays
6:15pm-6:45pm Barracudas/Dolphins/Water Polo
7:00pm-7:30pm Adult Beginner/Intermediate

**WEDNESDAYS Session I: $64.00**

9/4, 9/11, 9/18, 9/25, 10/2, 10/16, 10/23
4:00pm-4:30pm Adult Beginner
4:45-5:15pm Sunfish/Stingrays
5:45pm-6:15pm Barracudas/Dolphins
6:15pm-6:45pm Adult Beginner/Intermediate

Sessions are divided up by skill level. Not age level.

**ONLINE REGISTRATION**

https://recweb.unm.edu/register/#swim_waiver

Please email for details about private lesson availability:

swimlessons@unm.edu