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: Gliding through the water (Ages 5-6)

Seahorses: Gliding 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 8 and up)

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

Adult Beginner: Become comfortable moving through the water and kick boards and Breaststroke (Ages 18 and up)

Adult Intermediate: Learning Freestyle, breathing properly swimming 100 yards. (Ages 18 and up)

Please email for details about private lesson availability: swimlessons@unm.edu

MONDAY/TUESDAY Session I:
9/11, 9/12, 9/18, 9/19, 9/25, 9/26
4:15pm-4:45pm
Tadpoles/Seashells/Seahorses
4:45pm-5:15pm
Parent Tot/Parent Tot/Seashells

WEDNESDAY/THURSDAY Session I:
9/6, 9/7, 9/13, 9/14, 9/20, 9/21
4:15pm-4:45pm
Stingrays/Barracudas/Dolphins
5:30pm-6:00pm
Parent Tot/Parent Tot/Seahorses

TUESDAY/THURSDAY Session I:
9/5, 9/7, 9/12, 9/14, 9/19, 9/21
4:14pm-4:45pm
Tadpoles/Seashells/Seahorses
5:15pm-5:45pm
Sunfish/Adult Beginner
5:45pm-6:15pm Stingrays, Adult Int

MONDAY/TUESDAY Session II:
10/16, 10/17, 10/23, 10/24, 10/30, 11/6
4:15pm-4:45pm
Tadpoles/Seashells/Seahorses
4:45pm-5:15pm
Parent Tot/Parent Tot/Seashells

WEDNESDAY/THURSDAY Session II:
9/28, 10/4, 10/5, 10/11, 10/18, 10/19
4:15pm-4:45pm Tadpoles/Seashells/Seashells
6:00pm-6:30pm Parent Tot/ Tadpoles

TUESDAY/THURSDAY Session II:
10/17, 10/19, 10/24, 10/26, 11/2, 11/7
4:15pm-4:45pm Tadpoles/Seashells/Seahorses
5:15pm-5:45pm Sunfish/Adult Beginner
5:45pm-6:15pm Stingraus/Adult Int

SATURDAYS
9/2, 9/9, 9/16, 9/23, 9/30, 10/7
8:00am-8:30am Tadpoles/Seahorses
8:30am-9:00am Parent Tot/Seahorses
9:15am-9:45am Tadpoles/Seahorses
9:45am-10:15am Parent Tot /Seahorses
10:30am-11:00am Tadpoles/Seahorses
11:00am-11:30am Parent Tot/Seahorses

SESSIONS are divided up by skill level not age level.

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