



# NM FITNESS & AQUATICS CLUB SUMMER SWIM PROGRAM

**3 Week sessions – 9 classes, M-W-F (All Levels)**

**Session I July 10<sup>th</sup> - July 28<sup>th</sup>**

**Session II July 31<sup>st</sup> - Aug 18<sup>th</sup>**

*Summer Program Special Rate \$80 (M) \$90 (non-M) per session*

**Registration begins July 1st**

TIME	AGE	LEVEL	POOL	M	N-M
9-9:30am	Ages 3-4	Level 1	Therapy pool	\$80	\$90
9:30-10am	Ages 4-5	Level 1	Therapy Pool	\$80	\$90
10-10:30am	Ages 5-6	Level 1	Therapy Pool	\$80	\$90
10-10:30am	Ages 5-6	Level 2	Lap Pool	\$80	\$90
10:30-11am	Ages 6-7	Level 2	Therapy Pool	\$80	\$90
10:30-11am	Ages 6-7	Level 3	Lap Pool	\$80	\$90
11-11:30am	Ages 7+	Level 3-4	Lap Pool	\$80	\$90
4-4:30pm	Ages 3-5	Level 1	Therapy Pool	\$80	\$90
4:30-5pm	Ages 5-6	Level 1	Therapy Pool	\$80	\$90
4-4:30pm	Ages 5-6	Level 2	Lap Pool	\$80	\$90
4:30-5pm	Ages 5-6	Level 2	Lap Pool	\$80	\$90
5-5:30pm	Ages 5-6	Level 2	Therapy Pool	\$80	\$90
5-5:30pm	Ages 7+	Level 3	Lap Pool	\$80	\$90
5:30-6pm	Ages 7+	Level 4	Lap Pool	\$80	\$90

**All Instructors will follow the American Red Cross Swim Levels  
(Max. of 5 children per class per Instructor)**

- Level 1 – Water Development & Discovery: Beginner level which will help the child feel comfortable in the water while learning to enjoy the water safely.
- Level 2 – Developmental & Basic Skills: Students begin to progress with the fundamentals of swimming; floating back & front, submerging their bodies and beginning forward motion as they build confidence in the water.
- Level 3 – Introduction to Basic Strokes: Students learn to coordinate front and back crawl. Introduce elementary backstroke, the breaststroke and dolphin kick as they continue to build their confidence in the water.
- Level 4 – Develop & perfect all strokes: Students learn to coordinate and master all strokes at this level. Introduce Breast Stroke and Butterfly as we continue to build their confidence and improve other aquatic skills.