



# VILLAGE OF CORRALES

## Parks and Recreation

### 2010 Swim Lesson Schedule

Attention all Parents or Guardians:

On May 1, 2010 from noon to 2: p.m. the Corrales Parks and Recreation will be holding registration for swim lessons, pool parties, pool passes, water polo and swim team at the Corrales Community Recreation Center Gym (500 Jones rd.) Attached is a list of times, dates, and levels for swim lessons. Registration will be on a first come first serve basis. There is a limit to the amount of children for swim lessons for each class. Swim Team is open to anyone 14 and under that can swim the length of the pool. For additional information please call 899-8900. Thanks!

### Corrales Pool Swim Lesson Schedule

	June 7-18	June 21-July 2	July 5-16	July 19-30	Aug 2-13
<b>9:15 to 9:45</b>	Level 1 (3-5) Level 2 (5-up) Level 3	Level 1 (3-5) Level 2 (5-up) Level 3	Level 1 (3-5) Level 2 (5-up) Level 3	Level 1 (3-5) Level 2 (5-up) Level 3	Level 1 (3-5) Level 2 (5-up) Level 3
<b>10:00 to 10:30</b>	Level 1 (3-5) Level 2 (5-up) Level 4	Level 1 (3-5) Level 2 (5-up) Level 4	Level 1 (3-5) Level 2 (5-up) Level 4	Level 1 (3-5) Level 2 (5-up) Level 4	Level 1 (3-5) Level 2 (5-up) Level 4
<b>10:45 to 11:15</b>	Level 1 (3-5) Level 2 (5-up) Level 3	Level 1 (3-5) Level 2 (5-up) Level 3	Level 1 (3-5) Level 2 (5-up) Level 3	Level 1 (3-5) Level 2 (5-up) Level 3	Level 1 (3-5) Level 2 (5-up) Level 3
<b>11:30 to noon</b>	Level 1 (3-5) Level 2 (5-up) Level 3	Level 1 (3-5) Level 2 (5-up) Level 3	Level 1 (3-5) Level 2 (5-up) Level 3	Level 1 (3-5) Level 2 (5-up) Level 3	Level 1 (3-5) Level 2 (5-up) Level 3

#### Level 1 (Beginner 3 to 5 years old)

**5 per class**

##### Water Exploration

- Demonstrate Bubble Blowing
- Independent movement in water (5 yards)
- Submerge head in water (3 seconds)
- Bob 10 times
- Enter and Exit water using ladder
- Supported back float
- Supported front float
- Explore pool along wall
- Assisted jump off side
- Demonstrate front arm stroke

#### Level 2 (5 and up)

**5 per class**

##### Primary Skills

- Hold Breath and submerge 5 seconds
- Retrieve object in chest deep water
- Explore deep water independently
- Independent Front Float
- Independent Back Float
- Perform combined front and back crawl
- Step into chest deep water
- Water entry and exit properly
- Demonstrate Front and Back Flutter Kick
- Turn over from front to back and back to front

#### Level 3

**7 per class**

##### Stroke Readiness

- Retrieve object at appropriate depth
- Front glide (2 body lengths)
- Back glide (2 body lengths)
- Back Crawl (10-15 yards)
- Front Crawl (10-15 yards)
- Elementary Backstroke (10 yards)
- Introduction to butterfly
- Introduction to breast stroke

#### Level 4

**10 per class**

##### Stroke Development

- Deep water bobbing to safe depth
- Jump in and exit deep water
- Front Crawl (length of the pool)
- Back Crawl (length of the pool)
- Breast Stroke (length of the pool)
- Change directions at the wall (flip turn)
- Tread water
- Butterfly (10 yards)