

VILLAGE OF CORRALES PARKS AND RECREATION

2023 Swim Lesson Schedule

Attention all Parents or Guardians:

The Corrales Parks and Recreation Department will be opening registration for swim lessons, swim team and pool parties on May 1st at 8am. Our registration is done online which is accessible via our website. Attached is a list of times, dates, and levels for swim lessons. Registration is completed on a first come, first serve basis. Each session had to be entered as a separate transaction. For additional information please call (505)899-8900 or look on our website <https://www.corrales-nm.org/parksrec/page/recreation-programs>. Thanks!

Corrales Pool Swim Lesson Schedule

	June 5 th -16 th	June 19 th - 30 th	July 3 rd -14 th	July 17 th -28 th
9:00 to 9:30am	Level 1 (3-5yrs) Level 2 (5yrs-up) Level 3	Level 1 (3-5yrs) Level 2 (5yrs-up) Level 3	Level 1 (3-5yrs) Level 2 (5yrs-up) Level 3	Level 1 (3-5yrs) Level 2 (5yrs-up) Level 3
9:45 to 10:15am	Level 1 (3-5yrs) Level 2 (5yrs-up) Level 4	Level 1 (3-5yrs) Level 2 (5yrs-up) Level 4	Level 1 (3-5yrs) Level 2 (5yrs-up) Level 4	Level 1 (3-5yrs) Level 2 (5yrs-up) Level 4
10:30 to 11:00am	Level 1 (3-5yrs) Level 2 (5yrs-up) Level 3	Level 1 (3-5yrs) Level 2 (5yrs-up) Level 3	Level 1 (3-5yrs) Level 2 (5yrs-up) Level 3	Level 1 (3-5yrs) Level 2 (5yrs-up) Level 3
11:15 to 11:45am	Level 1 (3-5yrs) Level 2 (5yrs-up) Level 3	Level 1 (3-5yrs) Level 2 (5yrs-up) Level 3	Level 1 (3-5yrs) Level 2 (5yrs-up) Level 3	Level 1 (3-5yrs) Level 2 (5yrs-up) Level 3

Level 1 (Beginner 3 to 5 years old) Water Exploration (5 per class. Depth 0ft-3ft)

- Demonstrate bubble blowing
- Independent movement in water
- Submerge head in water
- Bob 10 times
- Enter and exit using a ladder
- Supported back float
- Supported front float
- Explore along pool wall
- Assisted jump off side of pool
- Demonstrate front arm stroke

Level 3 Stroke Readiness (7 per class. Depth 3.5ft-4.5ft)

- Retrieve object in 3.5ft-4.5ft water.
- 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 breaststroke

Level 2 (5 and up) Primary Skills (5 per class. Depth 0-3ft)

- 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 4 Stroke Development (10 per class. Depth 3.5ft-5ft)

- Deep water bobbing to safe depth
- Jump in and exit deep water
- Freestyle (length of pool)
- Backstroke (length of pool)
- Breaststroke (length of pool)
- Change directions at the wall (flip turn)
- Tread water
- Butterfly (10 yards)