Swim Lessons & Training

2014-2015 Academic Schedule Swim Lesson Registration Dates: August 29, September 26, October 24, January 2, January 30, February 27, April 2, & May 29

American Red Cross Certified Instructors– All lessons are 30 minutes in length. During the summer season, lessons are taught in two weeks, four days a week either in the mornings at the Farmington Aquatic Center or in the evening at Lions Pool. During our Academic Schedule (Sep – May), lessons are taught in four weeks, two days a week either in the morning or the evening at the Aquatic Center. **Cost:** $35 for 8, 30 minute sessions.

Adult Swim Lessons – Still haven't learned to swim? Come on over to the Farmington Aquatic Center for lessons during the Academic Schedule.

Preschool Lessons– These are lessons for children ages 3-5. Upon completion of Preschool Aquatics, children may enroll in the American Red Cross Learn-to-Swim Program

Levels 1 – 6– These lessons increase in technicality from Level 1 to Level 6 and are for children ages 6 and older.

Level 1- The objective of Level One is to help students feel comfortable in the water and to enjoy the water safely. Students will learn elementary water skills which they can build on as they progress through the various levels.
Level 2- Level Two is to give students success with fundamental skills and learn to float without support. Learn basic self-help rescue skills.
Level 3- Students learn to coordinate front and back crawl. Introduce elementary backstroke and the fundamentals of treading water.
Level 4- Level Four develops confidence in stokes learned thus far and to improve other aquatic skills. Introduce breaststroke, sidestroke and wall turns.
Level 5- Coordination and refinement of key strokes. Introduce the butterfly, open turns, feet-first surface dives. Increase swim distances.
Level 6-The objective of Level Six is to polish strokes so students swim with more ease, efficiency, power, and smoothness over greater distances.

You and Me Baby– This program is for infants and toddlers ages 6 months to 3 years with an adult in the water.

Go to fmtn.org/aquatics, look under Quick Links on the right, or the Aquatic Center, 1151 N. Sullivan to register for above classes.

Lifeguard Training – Learn to become a certified lifeguard and you can work anywhere in the country - or right here with us! A job as a lifeguard is loads of fun, but is also taken very seriously because someone's life may depend on you. Our award-winning lifeguards have saved several people from drowning. You must be age 15 or older and the fee is $100 to become a certified lifeguard. You must also successfully pass the pre-test and pre-register before admittance. Give us a call at the **Farmington Aquatic Center** for more information – (505) 599-1167.

Water Safety Instructor Class – Contact the **Farmington Aquatic Center** to learn to be a swimming instructor. Must be age 16 or older, know all 6 competitive strokes, and be CPR/AED certified. Cost is $100 per person. To be added to a list for upcoming classes or for more information, call (505) 599-1167.