



Our Work is Your
PLAY



Register
Here

[Website](#)

[Facebook](#)

[YouTube](#)

AQUATICS PROGRAMS

WEDNESDAYS

WET-N-WILD WEDNESDAYS

Come to the [Farmington Aquatic Center](#) for public swimming, 4:30 – 7:30 p.m. at \$2.00 per person. Information: (505) 599-1167



MONDAY – FRIDAY

WARM WATER EXERCISE

Come to the [Farmington Aquatic Center](#) and walk, swim, or do individual exercise. Equipment is available for your use, but there is no instructor for this activity. Every weekday, 6:00 a.m. – 7:45 a.m. and 10:30 a.m. – Noon. Cost is \$2.50 per person. Punch cards and passes welcome. Information: (505) 599-1167

VARIOUS WEEKDAYS

AQUACISE

We offer various Aquacise programs at the [Farmington Aquatic Center](#) and [Lions Pool](#). Whether you are looking to improve your cardiovascular endurance or rehabilitate a chronic source of pain, Aquacise can help. You can pay as you go or use a punch card or pass. Information: (505) 599-1167 or (505) 599-1187.



Morning Aquacise – At [Lions Pool](#) Monday – Friday, 8:30 a.m. – 9:30 a.m. Cost is \$2. Low impact, high intensity workout done in waist-to-chest deep water.

Evening Aquacise – At [Lions Pool](#) Monday – Friday, 5:30 p.m. – 6:30 p.m. Cost is \$2

Early Bird Splash – At the [Farmington Aquatic Center](#) – Mondays & Wednesdays, 8:00 a.m. – 8:45 a.m. Cost is \$2.50. This is water aerobics for participants with lower fitness levels. Excellent for prenatal and postpartum women as well as participants experiencing arthritic pain. Done in the shallow, warm-water pool.

Aqua Jogger – At the [Farmington Aquatic Center](#) – Tuesdays & Thursdays, 8:00 a.m. – 8:45 a.m. Cost is \$2.50. This is an aerobic/cardio, higher-intensity workout done in the deep water using buoyancy devices.



MONDAY – FRIDAY

SENIOR LAP

An adult exercise class at [Lions Pool](#) where you swim the length of the pool. Every weekday, 9:30 a.m. – 10:30 a.m. Cost is \$1.50

MONDAYS / WEDNESDAYS / FRIDAYS

SPLASHERCISE

A low-impact, low-intensity workout for adults done in waist-to-chest deep water at [Lions Pool](#) good for maintaining flexibility and general fitness, 10:30 a.m. – 11:15 a.m. Cost is \$1.50





TUESDAYS & THURSDAYS ARTHRITIS CLASS

A slow joint exercise class at [Lions Pool](#) from 10:30 a.m. to 11:15 a.m. for adults designed to improve your range of motion and flexibility. Cost is \$1.50

MONDAY – FRIDAY

CROSS POOL

Come to [Lions Pool](#) and walk, swim, or do individual exercise. There is no instructor for this adult activity. Every weekday, 11:15 a.m. – Noon. Cost is \$1.50



LIFEGUARD TRAINING

Become a certified lifeguard. Must be 15 years of age or older. Pre-test and pre-registration at the [Farmington Aquatic Center](#) is required. Cost is \$100 per person. To be added to a list for upcoming classes or for more information, call (505) 599-1167.

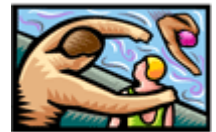


WATER SAFETY INSTRUCTOR CLASS

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.

SWIM LESSONS

Swim Lessons are taught at the [Farmington Aquatic Center](#) throughout the year and at [Lions Pool](#) during the summer. Visit our online registration system for specific class and registration dates. Cost is \$35 per person.



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. During our Academic Schedule (Sep – May), lessons are taught in four weeks, two days a week.

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

Preschool Lessons– These are lessons for children ages 3-5.

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

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

No Fish Left Behind – These swim lessons are taught at the Farmington Aquatic Center for private school and homeschool children. The cost is discounted from the open swim lessons described above. *This class may not be available, please call the Farmington Aquatic Center for more information: (505) 599-1167*

- Preschool Lessons – These lessons are for children ages 3-5.
- Levels 1 – 6 – These lessons increase in technicality from Level 1 to Level 6 and are for children ages 6 and older.

