



### Welcome to the water!

New Mexico Sports & Wellness is proud to offer a Swim Academy in all five of our locations; Del Norte, Highpoint, Midtown, Riverpoint and Downtown. Please see the enclosed schedule for specific class dates and times. Need more information? Contact your Club's Aquatics Director:

#### Del Norte

Marc Dean, 505.857.0123  
mdean@wellbridge.com

#### Highpoint

Jana Price, 505.293.5820  
jprice@wellbridge.com

#### Midtown

Elizabeth Ballance, 505.888.4811  
eballance@wellbridge.com

#### Riverpoint

Jeanne Helm, 505.897.3716  
jhelm@wellbridge.com

#### Downtown

Marc Lewis, 505.242.1500  
mwlewis@wellbridge.com



Del Norte | Downtown | Highpoint | Midtown | Riverpoint



Visit us at [SportsandWellness.com](http://SportsandWellness.com)  
Find us on Facebook



Our Swim Academy provides a comprehensive training to swimmers of all ages. The Academy trains at all levels; from a 6 month old child’s introduction to water, to beginning swim lessons (group or private), to pre-swim team preparation, to swim team, to off-season competitive training, triathlon training, and masters clinics. Our goal is to offer progressive levels of aquatic training; to challenge and inspire while instilling in our swimmers a love and dedication to personal and athletic excellence.



## CURRICULUM

### Parent-Tot

Ages 6 months-3 years

A safe introduction to water. Lessons teach pool entry, blowing bubbles, floating, kicking and under water exploration in small groups. Four, 30-minute sessions. Year-round.

**\$50 Member | \$70 Non-Member**

### Beginning Swim Skills

Ages 3+

Children who are new to swimming will learn basic skills in a small group setting. Skill level: Starfish. Four, 30-minute sessions.

September to mid-May

**\$50 Member | \$70 Non-Member**

### Intermediate Swim Skills

Ages 5+

More advanced skills and introduction to stroke technique in a small group setting. Skill level: Goldfish/Tigerfish. Four, 30-minute sessions.

September to mid-May

**\$50 Member | \$70 Non-Member**

### Youth Swim Clinics

5-14 years

Small group clinics are designed for water-safe swimmers with a strong emphasis on stroke and kick technique in; freestyle, breaststroke, backstroke and beginning butterfly.

Skill level: Seal. 30-60 minutes.

September-March

**\$10/session**

### Private Lessons

All Ages

For those who prefer one-on-one instruction. Create a flexible schedule to meet your needs. All skill levels. 30-minute sessions. Year-round.

Package pricing available

**\$25 Member | \$30 Non-Member**

### Pre-Swim Team Training

5-18 years

Off-season competitive stroke development and endurance training focusing technique improvement in all four strokes for entry to swim team. Skill level: Shark. 30 minutes.

September-March

Package pricing available

**\$50 Member | \$75 Non-Member**

### Swim Team Training

5-18 years

Off-season training focusing on growth and improvement in: strength, endurance, time and stroke technique. 30 minutes.

September - March

Package pricing available

**\$50 Member | \$75 Non-Member**

### Summer Swim Team

5-18 years

Our teams participate in the Sundance Aquatics Association league. Weekly swim meets allow swimmers to test their skills against other teams while enjoying the social community that is the core of our program. While the competition can be fierce, it’s always friendly. Practice is 1-hour, Monday-Friday. Early morning or evening.

May to mid-July

**\$170 Member | \$370 Non-Member**

**\$30 Sundance Fee**

### Del Norte Nadadores

Head Coach, 505.857.0123

### Highpoint Sharks

Head Coach, Quint Seckler

505.293.5820 or qseckler@aol.com

### Midtown Marlins

Head Coach, Anne Atkins, 505.888.4811

### Riverpoint Piranhas

Head Coach, Todd Chowning, 505.897.3716

### Masters Class

20+ years

Coached interval workouts focusing on all aspects of competitive swimming and triathlon. Workouts combine stroke technique and drills in moderate to advanced levels. Improve skills, endurance, and strength. 1-hour sessions.

Year-round.

Package pricing available

**\$35 Member/month**

**\$45 Non-Member/month**

### Lifeguard Training & Certification

15+ years

A Red Cross certification program taught through videos, group discussion and hands-on training. Learn patron rescue and surveillance skills, first aid and CPR/AED. Course length is 30-37 hours, resulting in 2-year CPR/AED certification and 3-year Lifeguarding certification.

April, May, September

**\$200**

### Jr. Lifeguard Training

11-14 years

Learn what it takes to be a lifeguard. Course will cover everything from lifesaving and leadership skills to fitness and professional development.

April, May, September

**\$100**

### Water Aerobics

All ages

A low-impact cardio and muscle workout in the pool. This class reduces the risk of muscle and joint injury. 60-minute sessions. Year-round.

**Free to Members**

## SUMMER AQUA KIDS

Ages 3 – Pre-swim team

Our most popular summer program. Ratio is one instructor to five children. Sessions are broken into skill levels. 30-minutes.

Monday-Friday for two weeks.

June 4 - August 10

**\$60 Member | \$120 Non-Member**

## SKILL LEVELS

### Skills Learned

#### Starfish

:: Submerge face, 3 seconds

:: Blow bubbles with ease

:: 10 consecutive bobs

:: Enter/exist water unassisted

:: Front/back float assisted

:: Move along pools edge, 5 yards

:: Kick on front and back, assisted

:: Forward/backward alternating arms,

10 seconds

:: Basic water and safety skills

:: Familiar with getting help

:: Reaching assist without help

#### Goldfish

:: Hold breath and submerge head, 3 seconds

:: Retrieve object in shallow water

:: Float/glide on front and back, 5 seconds

:: 10 bobs without assistance

:: Flutter kick on front and back

:: Alternate forward and backward movement

with flutter kick

:: Breaststroke kick

:: Backstroke arm movement

:: Easily turn front to back

:: Reaching and extension assist from deck

:: Assist non-swimmer to feet

#### Tigerfish

:: Retrieve object in deep water

:: 15 deep water bobs

:: Bob in deep water to safety

:: Front/back glide, 2 body lengths

:: Freestyle with side breathing, backstroke and

breaststroke, 10 yards/each

:: Reverse direction on front and back

:: Safe diving skills

:: Tread water

:: H.E.L.P. and Huddle positions, 1 minute/each

#### Seal

:: Deep water bobbing

:: Rotary breathing for freestyle

:: Beginning sidestroke skills, 10 yards

:: Swim freestyle, backstroke and

breaststroke, 25 yards/each

:: Turning at the wall

:: Tread water using breaststroke, scissor or

rotary kick, 2 minutes

#### Shark (Pre-Swim Team)

:: Alternating breathing freestyle

:: Rules for safe driving and long shallow dive

:: Correct skulling technique

:: Swim sidestroke & butterfly, 10 yards/each

:: Swim underwater, 15 yards

:: Swim breaststroke, 25 yards

:: Swim elementary backstroke, 50 yards

:: Swim backstroke & freestyle, 50 yards/each

:: Flip turns and open turns

:: Tread water, 5 minutes with 2 different kicks

:: Feet first surface dive and stride jump entry

:: Enter deep water clothed and swim to safety