



Swimming Lessons

with Brooke

Northside Health & Fitness Center

1307 Paseo del Pueblo Norte

El Prado, NM

575 - 751 - 1242

Developing the fundamentals of swimming with ease, grace, and power.

Levels of Instruction

Water Babies Mothers, fathers, & caregivers share the joys of water with their infants and toddlers. Ages: infant - 3. Limit 10 babies per class.

Beginner For children 4 and above who are ready to explore the water medium and begin developing the comfort and skills that lead to swimming on their own. Limit 4 children per class.

Advanced Beginner Development of coordination, breathing, and movements involved with swimming freestyle and backstroke, underwater swimming, and diving. Limit 6 children per class.

Intermediate See River Otters Swim Club below! Limit 8 children per class.

Privates Available for children and adults of all ages and levels. \$20 + tax / 30 minutes.

Announcing:



Northside River Otters!

A kids swim club that swims hard & plays hard!
Intermediate/Advanced level class focused on refining freestyle and backstroke, learning advanced strokes, eg., breaststroke and butterfly, and swimming relays and races. Increased stamina, speed, and general "fishiness" are achieved. Optional participation in a Swim-A-Thon to raise money for the NM River Otter Recovery Program in the Rio Grande.



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Dates & Cost:

2 Week Sessions 3 classes / week	Session 1	Session 2	Session 3	Session 4	4 Week Sessions 1 class / week	Session A	Session B
	6/9-6/18	6/30-7/9	7/ 14-23	7/28-8/6		6/9-7/9	7/14-8/6

(Plus tax. No refunds or make-up days without instructor consent)

2 Week Sessions 3 classes / week	Member	Non-Member	4 Week Sessions 1 class / week	Member	Non-Member
Beginner	\$80	\$85	Beginner & Water Babies	\$50	\$55
Adv. Beginner & Intermediate	\$85	\$90	Adv. Beginner	\$55	\$60
			River Otters	\$40	\$45

Call or stop by Northside for schedule & to sign up. Families Welcome. Daycare available. 751-1242

Swim Lesson Times during Sessions 2009

Session A & Session B (note: skip 3rd week in June during Session A)

Water Babies: Wednesdays for 4 weeks, 11:30 - Noon

Beginner: Thursdays for 4 weeks, 3:05 - 3:35

Advanced Beginner: Wednesdays for 4 weeks, 3:05 - 3:45

Session 1, 2, 3, & 4

Beginner: Tues, Weds, & Thurs. for 2 weeks, Noon - 12:30 (fill first)

Advanced Beginner: Tues, Weds, & Thurs. for 2 weeks, 12:50 - 1:30 (fill first)

River Otters (Intermediate & Advanced)

Tues, Weds, & Thurs. for 2 weeks, 2:20 - 3:00

Additional Beginner OR Advanced Beginner Class: Tues, Weds, & Thurs. for 2 weeks,

(Only offering one or the other; Will depend on interest each session; please fill the other Beginner & Advanced Beginner classes in Session 1 - 4 first and keep a waiting list to see which of the classes below we'll offer. Thank you.)

Beginner: 1:45 - 2:15

OR

Advanced Beginner: 1:35 - 2:15