



Our Work is Your
PLAY



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AQUATICS PROGRAMS



TUESDAYS / THURSDAYS / FRIDAYS

PARENT/CHILD PLAYTIME

Enjoy quiet time in the leisure pool at [Farmington Aquatic Center](#) from 1:00 to 2:30 p.m. on Tuesdays and Thursdays and 10:30 a.m. to noon on Fridays. Exclusively for adults with children 5 years old or younger, cost is \$2.50 per person, free under 3 years of age. Punch cards and passes welcome. Information: (505) 599-1167

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



TUESDAYS & THURSDAYS

PRE-MILITARY SWAT INTRODUCTION

This class at the [Farmington Aquatic Center](#) will help prepare men and women, who plan to enlist in the military or who want to join the SWAT team, for the swimming tests they will encounter. This introductory class takes place on Tuesdays and Thursdays from 5:00 p.m. to 6:00 p.m. The Advanced Class can be scheduled upon request. Cost is \$2.50 or you may use a punch card or pass. Information: (505) 599-1167

LIFEGUARD TRAINING

Become a certified lifeguard. Must be age 15 or older. Pre-test and pre-registration at the [Farmington Aquatic Center](#) is required. Cost is \$80 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 \$80 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. Visit our online registration system for specific class and registration dates.

- 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.

