



AQUATICS

For more information, visit nordc.org/aquatics, contact the Aquatics Office at (504) 658-3044, or email NORDCaquatics@nola.gov

Thank you for your support!



AQUATICS

Swim Lesson Registration:

- *Session I: May 8–June 5*
- *Session II: June 5–July 1*

Swim Lesson Sessions:

- *Session I: June 5–July 1*
- *Session II: July 3–July 31*

All pools will be closed in observance of the Fourth of July holiday on July 4. All pools will be closed for staff training on July 9.

◆ **How to Register**

Fill out registration form and submit the completed form to a lifeguard.

- Get a registration form at the pool
- Download a registration form from nordc.org/aquatics

Participants can only register for one class per session to ensure the availability to all interested. Participants must attend the first class or you will be dropped from the course.

◆ **Adult Swim Workshop**

The class will focus on reviewing skills learned in past swim lessons like water safety skills, stroke development, and breathing techniques. Open to all levels.

◆ **Junior Lifeguard Program**

Individuals will meet every Saturday for 10 weeks, June 24–July 29.

Orientation: June 17, 8:00 AM–9:00 AM, Ages: 11–15. Locations: Sanchez Indoor Pool, Joe W. Brown Indoor Pool, Treme Indoor Pool, Lyons Pool, Stallings Gentilly Pool, Whitney Young Pool, and Behrman Pool.

◆ **Lap Swim**

Designated lanes for skilled swimmers to swim the length of the pool uninterrupted.

◆ **Water Aerobics**

Have fun while doing cardio and water exercises that target the whole body. Registration ongoing. Ages 16+.

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◆ Swim Lesson Descriptions

Tadpole 6 -36 mos.

Parents and children participate in guided activities that emphasize fun and elementary swimming skills. Water comfort; water entry; splash, kick; blow bubbles.

Guppy 1 Ages 2-5

For children who love the water, but aren't quite ready to be on their own with an instructor. Class will focus on: Water comfort, water entry; splash, kick; blow bubbles.

Guppy 2 Ages 2-5

Focus will be on float; kick; under water exploration, swim to the pool side; begin coordinated arm and leg movement.

Nemo 1 Ages 3-5

Learn water safety, survival skills and foundational swimming concepts in a safe and fun environment. Focus is on water comfort; water entry; blow bubbles; kick; breath control.

Starfish 1 Ages 6-12

Intro to Water Skills: Water comfort; safe water enter and exit; submerge mouth, nose and eyes; exhale and open eyes under water; roll over with support; swim with support; use of life jacket.

Starfish 2 Ages 6-12

Fundamental Aquatics: Skills -Safe water enter and exit; submerge head; blow bubbles (bobbing); open eyes underwater; float; glides; rolls; tread water, swim using combined arm and leg actions.

Dolphin 1 Ages 12-16

Intro to Water Skills: Water comfort; safe water enter and exit; submerge mouth, nose and eyes; exhale and open eyes underwater; roll over with support; float with support; swim using arm and leg actions with support; use of life jacket.

Dolphin 2 Ages 12-16

Fundamental Aquatics: Safe water enter and exit water; submerge head; blow bubbles (bobbing); open eyes underwater; float; glides; change directions; roll over; tread water; swim using combined arm and leg actions.

Dolphin 3 Ages 12-16

Stroke Development: Jump into deep water; dive in; bob with the head submerged; rotary breathing; glides; float in deep water; change positions; front and back crawl; butterfly-kick and body motion.

Dolphin 4 Ages 12-16

Stroke Improvement: standing dive; swim underwater; feet-first surface dive; open turns while treading water; front and back crawl; breaststroke; butterfly; elementary backstroke.



Shark 1 **Ages 16+**

Terrified of Water (TOW): We work with you to get past your fears and conquer the world of aquatics!

Shark 2 **Ages 16+**

Fundamental Aquatics Skills: Safe water enter and exit; submerge head; blow bubbles (bobbing); open eyes underwater; float; glides; change directions, roll over; tread water; swim using combined arm and leg actions.

Shark 3 **Ages 16+**

Stroke Development: Jump into deep water; dive in; bob with head submerged; rotary breathing; glides, float in deep water; change positions; back crawl; butterfly-kick and body motion.

Shark 4 **Ages 16+**

Improve Skills and Strokes: Focus on endurance and form with crawl, back crawl, breaststroke and backstroke; water safety survival skills.



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◆ **A.L. Davis Pool** 2600 LaSalle St.; (504) 896-4674

Monday–Friday 10:00 AM–6:00 PM; Saturday 9:00 AM–4:00 PM; Sunday 2:00 PM–6:00 PM

Starfish	Mon, Wed	4:30 PM–5:00 PM
Dolphins	Mon, Wed	5:00 PM–5:30 PM
Nemo	Tues, Thurs	4:30 PM–5:00 PM
Shark	Tues, Thurs	5:00 PM–5:30 PM

◆ **Behrman Pool** 2529 General Meyer Ave.; (504) 364-4093

Monday–Friday 10:00 AM–6:00 PM; Saturday 9:00 AM–4:00 PM; Sunday 2:00 PM–6:00 PM

Starfish	Mon, Wed	4:30 PM–5:00 PM
Dolphins	Mon, Wed	5:00 PM–5:30 PM
Nemo	Tues, Thurs	4:30 PM–5:00 PM
Shark	Tues, Thurs	5:00 PM–5:30 PM

◆ **Joe W. Brown Pool** 5601 Read Blvd.; (504) 658-3020

Monday–Friday 8:00 AM–8:00 PM; Saturday 9:00 AM–2:00 PM; Sunday 2:00 PM–6:00 PM

Water Aerobics	Mon–Fri	8:15 AM–8:55 AM 6:00 PM–6:45 PM
Tadpole 1	Mon, Wed	4:00 PM–4:30 PM
Starfish 1	Mon, Wed	4:00 PM–4:30 PM
Starfish 2	Mon, Wed	4:00 PM–4:30 PM
Dolphin 1 & 2	Mon, Wed	5:00 PM–5:45 PM
Nemo 1	Tues, Thurs	4:00 PM–4:30 PM
Dolphin 3	Tues, Thurs	4:00 PM–4:45 PM
Shark 1	Fri	4:00 PM–4:45 PM
Shark 2	Fri	4:00 PM–4:45 PM
Shark 3	Fri	5:00 PM–5:45 PM
Shark 4	Fri	5:00 PM–5:45 PM



◆ **Lyons Pool** 624 Louisiana Ave.; (504) 658-3055

Monday–Friday 8:00 AM–6:00 PM; Saturday 9:00 AM–4:00 PM; Sunday 2:00 PM–6:00 PM

Starfish	Mon, Wed	4:30 PM–5:00 PM
Dolphins	Mon, Wed	5:00 PM–5:30 PM
Nemo	Tues, Thurs	4:30 PM–5:00 PM
Shark	Tues, Thurs	5:00 PM–5:30 PM

◆ **Rosenwald Pool** 1120 S. Broad St.; (504) 658-3090

Monday–Friday 10:00 AM–6:00 PM; Saturday 9:00 AM–4:00 PM; Sunday 2:00 PM–6:00 PM

Starfish	Mon, Wed	4:30 PM–5:00 PM
Dolphins	Mon, Wed	5:00 PM–5:30 PM
Nemo	Tues, Thurs	4:30 PM–5:00 PM
Shark	Tues, Thurs	5:00 PM–5:30 PM

◆ **Sanchez Pool** 1616 Caffin Ave.; (504) 658-3067

Monday–Friday 8:00 AM–8:00 PM; Saturday 9:00 AM–2:00 PM; Sunday 2:00 PM–6:00 PM

Water Aerobics	Mon–Fri	8:00 AM–8:45 AM 6:00 PM–6:45 PM
Guppy	Mon, Wed	4:00 PM–4:30 PM
Starfish 1 & 2	Mon, Wed	4:00 PM–4:45 PM
Shark 1 & 2	Mon, Wed	5:00 PM–5:45 PM
Nemo 1 & 2	Tues, Thurs	4:00 PM–4:30 PM
Starfish 3 & 4	Tues, Thurs	4:00 PM–4:45 PM
Shark 3 & 4	Tues, Thurs	5:00 PM–5:45 PM
Starfish 1 & 2	Fri	4:00 PM–4:45 PM
Starfish 3 & 4	Fri	4:00 PM–4:45 PM
Shark 1 & 2	Fri	5:00 PM–5:45 PM
Shark 3 & 4	Fri	5:00 PM–5:45 PM
Junior Lifeguard	Fri	5:00 PM–5:45 PM
Water Aerobics	Sat	9:00 AM–9:45 AM

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◆ **St. Bernard Pool** 1500 Lafreniere St.; (504) 658-0198

Monday–Friday 10:00 AM–8:00 PM; Saturday 9:00 AM–4:00 PM; Sunday closed

Starfish	Mon, Wed	4:30 PM–5:00 PM
Dolphins	Mon, Wed	5:00 PM–5:30 PM
Nemo	Tues, Thurs	4:30 PM–5:00 PM
Shark	Tues, Thurs	5:00 PM–5:30 PM

◆ **Stallings Gentilly Pool** 2700 Lapeyrouse St.; (504) 569-0693

Monday–Friday 8:00 AM–6:00 PM; Saturday 9:00 AM–4:00 PM; Sunday 2:00 PM–6:00 PM

Starfish	Mon, Wed	4:30 PM–5:00 PM
Dolphins	Mon, Wed	5:00 PM–5:30 PM
Nemo	Tues, Thurs	4:30 PM–5:00 PM
Shark	Tues, Thurs	5:00 PM–5:30 PM

◆ **Stallings St. Claude Pool** 4300 St. Claude Ave.; (504) 658-3053

Monday–Friday 8:00 AM–6:00 PM; Saturday 9:00 AM–4:00 PM; Sunday 2:00 PM–6:00 PM

Starfish	Mon, Wed	4:30 PM–5:00 PM
Dolphins	Mon, Wed	5:00 PM–5:30 PM
Nemo	Tues, Thurs	4:30 PM–5:00 PM
Shark	Tues, Thurs	5:00 PM–5:30 PM



◆ **Treme Pool** 900 N. Villere St.; (504) 658-3162

Monday–Friday 8:00 AM–8:00 PM; Saturday 9:00 AM–2:00 PM; Sunday 2:00 PM–6:00 PM

Water Aerobics	Mon –Fri	8:10 AM–8:55 AM 6:00 PM–6:45 PM
Tadpoles	Mon, Wed	4:00 PM–4:30 PM
Nemo 1 & 2	Mon, Wed	4:30 PM–5:00 PM
Shark 1 & 2	Mon, Wed	5:00 PM–5:45 PM
Starfish 1 & 2	Tues, Thurs	4:00 PM–4:45 PM
Nemo 1 & 2	Tues, Thurs	4:30 PM–5:00 PM
Starfish 3 & 4	Tues, Thurs	5:00 PM–5:45 PM
Shark 1 & 2	Fri	4:00 PM–4:45 PM
Shark 3 & 4	Fri	5:00 PM–5:45 PM
Water Aerobics	Sat	9:00 AM–9:45 AM
Master Swimmer	Sat	9:00 AM–9:45 AM
Junior Lifeguards	Sat	10:00 AM–12:00 PM
Dolphins (all levels)	Sat	10:00 AM–10:45 AM
Tadpoles	Sat	11:00 AM–11:45 AM
Starfish 1 & 2	Sat	12:00 PM–12:45 PM

◆ **Whitney Young Pool** 6500 Magazine St.; (504) 864-1416

Monday–Friday 8:00 AM–6:00 PM; Saturday 9:00 AM–4:00 PM; Sunday 2:00 PM–6:00 PM

Starfish	Mon, Wed	4:30 PM–5:00 PM
Dolphins	Mon, Wed	5:00 PM–5:30 PM
Nemo	Tues, Thurs	4:30 PM–5:00 PM
Shark	Tues, Thurs	5:00 PM–5:30 PM