Parks and Recreation Department
1100 Chatham Av Norwalk, IA 50211 515.981.9206

2014 Baby/PreSchool Swim Lessons

Parent & Child (Baby Lessons: 18 months to age 2)
A parent will need to get in the water with this age group.
Cost: $20.00 resident $23.00 non-resident (outside of Norwalk's city limits)
Min/Max per class: 4/10

Date	Time	Level	Class #	Class #	Class #
Jul 28 to Aug 1	6:00 - 6:25pm	Baby	1	2	3

Level Baby

Provides experiences and activities for children to:

* Learn to ask for permission before entering the water
* Learn how to enter and exit the water in a safe manner
* Feel comfortable in the water
* Explore submerging to the mouth, nose, eyes completely
* Perform combined stroke on front and back with assistance
* Establish expectations for adult supervision
* Learn how to play safely
* Change body position in the water
* Explore buoyancy on the front and back position

Preschool Aquatics (Ages 3 and 4)
Parents *do not* get in the water for this age group.
Cost: $25.00 residents $29.00 non-residents (outside Norwalk's city limits)
Min/Max per class: 4/6

Date	Time	Level	Class #	Class #	Class #
Jun 9 to Jun 13	6:00 - 6:25pm	3 Years	4	5	6
Jun 16 to Jun 20	6:00 - 6:25pm	4 Years	7	8	9
Jun 23 to Jun 27	6:00 - 6:25pm	3 Years	10	11	12
Jul 07 to Jul 11	6:00 - 6:25pm	4 Years	13	14	15
Jul 14 to Jul 18	6:00 - 6:25pm	3 Years	16	17	18
Jul 21 to Jul 25	6:00 - 6:25pm	4 Years	19	20	21
Jul 28 to Aug 1	5:00 - 5:25pm	3 Years	22	23	24
Jul 28 to Aug 1	5:30 - 5:55pm	4 Years	25	26	27

Level 3 years

Orients children to the aquatic environment and helps them gain basic aquatic skills.

* Enter and exit water using ladder, steps or side
* Blow bubbles through mouth and nose
* Submerge mouth, nose and eyes; Bobbing
* Open eyes under water and retrieve submerged objects
* Front and back glides and recover to a vertical position with assistance
* Back float and recover to a vertical position with assistance
* Roll from front to back and back to front with assistance
* Tread with arm and hand actions with assistance
* Alternating and simultaneous leg actions on front and back with assistance
* Alternating and simultaneous arm actions on front and back with assistance
* Combined arm and leg actions on front and back with assistance

Level 4 years

Helps children start to gain basic swimming propulsive skills to be comfortable in and around water.

* Enter water by ladder, steps or jumping in from side of pool
* Fully submerge and hold breath 2-3 seconds
* Bobbing
* Front, jellyfish and tuck floats
* Recover from a front or back float or glide to a vertical position
* Back float and glide
* Change direction of travel while swimming on front or back
* Tread Water using arm and leg actions
* Combined arm and leg actions on front and back
* Finning arm action on back