



Parks and Recreation Department

1100 Chatham Av Norwalk, IA 50211 515.981.9206



## 2014 Swimming Lessons

### Learn-to-Swim (children ages 5 through 15)

To enroll in an American Red Cross course, the participant must have successfully completed or must be able to perform the skills in the preceding course. **Only one swim class reservation per child is allowed at one time.** Upon completion of each course, another registration may be made.

**Cost:** \$30 resident; \$34.50 non-resident (outside of Norwalk city limits)

**Min/Max:** 4/6

#### Week 1

Jun 9 to Jun 13	Level	Class	Level	Class	Level	Class
9:00 - 9:55am	1	28	2	29	4	30
10:00 - 10:55am	2	31	4	32	5	33
11:00 - 11:55am	1	34	3	35	6A	36
5:00 - 5:55pm	2	37	3	38	5	39

#### Week 2

Jun 16 to Jun 20	Level	Class	Level	Class	Level	Class
9:00 - 9:55am	2	40	2	41	6B	42
10:00 - 10:55am	1	43	4	44	5	45
11:00 - 11:55am	2	46	3	47	5	48
5:00 - 5:55pm	1	49	3	50	4	51

#### Week 3

Jun 23 to Jun 27	Level	Class	Level	Class	Level	Class
9:00 - 9:55am	1	52	3	53	6C	54
10:00 - 10:55am	2	55	3	56	5	57
11:00 - 11:55am	1	58	4	59	5	60
5:00 - 5:55pm	2	61	4	62	1	63

#### Week 4

Jul 7 to Jul 11	Level	Class	Level	Class	Level	Class
9:00 - 9:55am	2	64	1	65	3	66
10:00 - 10:55am	1	67	5	68	6A	69
11:00 - 11:55am	2	70	3	71	4	72
5:00 - 5:55pm	1	73	3	74	2	75

#### Week 5

Jul 14 to Jul 18	Level	Class	Level	Class	Level	Class
9:00 - 9:55am	2	76	3	77	6B	78
10:00 - 10:55am	1	79	4	80	4	81
11:00 - 11:55am	1	82	3	83	5	84
5:00 - 5:55pm	2	85	3	86	4	87

#### Week 6

Jul 21 to Jul 25	Level	Class	Level	Class	Level	Class
9:00 - 9:55am	2	88	3	89	1	90
10:00 - 10:55am	1	91	2	92	4	93
11:00 - 11:55am	2	94	3	95	6C	96
5:00 - 5:55pm	1	97	2	98	4	99

(level descriptions listed on back)

<b>Level 1 - Introduction to Water Skills</b>	<b>Level 2 - Fundamental Aquatic Skills</b>
<p>Helps participants feel comfortable in the water.</p> <ul style="list-style-type: none"> <li>* Enter and exit water using ladder, steps or side</li> <li>* Blow bubbles through mouth and nose</li> <li>* Bobbing</li> <li>* Open eyes under water and retrieve submerged objects</li> <li>* Front and Back glides and floats</li> <li>* Recover to vertical position</li> <li>* Roll from front to back and back to front</li> <li>* Tread water using arm and hand actions</li> <li>* Alternating and simultaneous leg actions on front and back</li> <li>* Alternating and simultaneous arm actions on front and back</li> <li>* Combined arm and leg actions on front and back</li> </ul>	<p>Gives participants success with fundamental skills</p> <ul style="list-style-type: none"> <li>* Enter and exit water by stepping or jumping from the side</li> <li>* Fully submerge and hold breath</li> <li>* Bobbing</li> <li>* Open eyes under water and retrieve submerged objects</li> <li>* Front, jellyfish and tuck floats</li> <li>* Front and back glides and floats</li> <li>* Recover to vertical position</li> <li>* Roll from front to back and back to front</li> <li>* Change direction of travel while swimming on front or back</li> <li>* Tread water using arm and leg actions</li> <li>* Combined arm and leg actions on front and back</li> <li>* Finning arm action</li> </ul>

<b>Level 3 - Stroke Development</b>	<b>Level 4 - Stroke Improvement</b>
<p>Builds on the skills in Level 2 through additional guided practice in deeper water.</p> <ul style="list-style-type: none"> <li>* Enter water by jumping from the side</li> <li>* Headfirst entries from the side in sitting and kneeling positions</li> <li>* Bobbing while moving toward safety</li> <li>* Rotary breathing</li> <li>* Survival float</li> <li>* Back float</li> <li>* Change from vertical to horizontal position on front and back</li> <li>* Tread water</li> <li>Flutter, scissor, dolphin and breaststroke kicks on front</li> <li>* Front crawl and elementary backstroke</li> </ul>	<p>Develops confidence in the skills learned and improves other aquatic skills.</p> <ul style="list-style-type: none"> <li>* Headfirst entries from the side in compact and stride positions</li> <li>* Swim under water</li> <li>* Feet first surface dive</li> <li>* Survival swimming</li> <li>* Front crawl and backstroke open turns</li> <li>* Tread water using 2 different kicks</li> <li>* Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly</li> <li>* Flutter and dolphin kicks on back</li> </ul>

<b>Level 5 - Stroke Refinement</b>	<b>Level 6 - Swimming &amp; Skill Proficiency</b>
<p>Provides further coordination and refinement of strokes.</p> <ul style="list-style-type: none"> <li>* Shallow-angle dive from the side then glide and begin a front stroke</li> <li>* Tuck and pike surface dives, submerge completely</li> <li>* Front flip turn and backstroke flip turn while swimming</li> <li>* Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly</li> <li>* Sculling</li> </ul>	<p>Refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with "menu" options that focus on preparing participants for more advanced courses, including the Water Safety Instructor, or other aquatic activities, such as competitive swimming or diving.</p> <p>Options include:</p> <ul style="list-style-type: none"> <li>* Fitness Swimmer (6C)</li> <li>* Personal Water Safety (6A)</li> <li>* Fundamentals of Diving (6B)</li> </ul>