



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



2015 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 27 to Jul 31	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 8 to Jun 12	6:00 - 6:25pm	3 Years	4	5	6
Jun 15 to Jun 19	6:00 - 6:25pm	4 Years	7	8	9
Jun 22 to Jun 26	6:00 - 6:25pm	3 Years	10	11	12
Jul 06 to Jul 10	6:00 - 6:25pm	4 Years	13	14	15
Jul 13 to Jul 17	6:00 - 6:25pm	3 Years	16	17	18
Jul 20 to Jul 24	6:00 - 6:25pm	4 Years	19	20	21
Jul 27 to Jul 31	5:00 - 5:25pm	3 Years	22	23	24
Jul 27 to Jul 31	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