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

2015 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 8 to Jun 12	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 15 to Jun 19	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 22 to Jun 26	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 6 to Jul 10	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 13 to Jul 17	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 20 to Jul 24	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)

Level 1 - Introduction to Water Skills	Level 2 - Fundamental Aquatic Skills
Helps participants feel comfortable in the water. * Enter and exit water using ladder, steps or side * Blow bubbles through mouth and nose * Bobbing * Open eyes under water and retrieve submerged objects * Front and Back glides and floats * Recover to vertical position * Roll from front to back and back to front * Tread water using arm and hand actions * Alternating and simultaneous leg actions on front and back * Alternating and simultaneous arm actions on front and back * Combined arm and leg actions on front and back	Gives participants success with fundamental skills * Enter and exit water by stepping or jumping from the side * Fully submerge and hold breath * Bobbing * Open eyes under water and retrieve submerged objects * Front, jellyfish and tuck floats * Front and back glides and floats * Recover to vertical position * Roll from front to back and back to front * 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

Level 3 - Stroke Development	Level 4 - Stroke Improvement
Builds on the skills in Level 2 through additional guided practice in deeper water. * Enter water by jumping from the side * Headfirst entries from the side in sitting and kneeling positions * Bobbing while moving toward safety * Rotary breathing * Survival float * Back float * Change from vertical to horizontal position on front and back * Tread water * Flutter, scissor, dolphin and breaststroke kicks on front * Front crawl and elementary backstroke	Develops confidence in the skills learned and improves other aquatic skills. * Headfirst entries from the side in compact and stride positions * Swim under water * Feet first surface dive * Survival swimming * Front crawl and backstroke open turns * Tread water using 2 different kicks * Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly * Flutter and dolphin kicks on back

Level 5 - Stroke Refinement	Level 6 - Swimming & Skill Proficiency
Provides further coordination and refinement of strokes. * Shallow-angle dive from the side then glide and begin a front stroke * Tuck and pike surface dives, submerge completely * Front flip turn and backstroke flip turn while swimming * Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly * Sculling	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. Options include: * Fitness Swimmer (6C) * Personal Water Safety (6A) * Fundamentals of Diving (6B)