



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



## 2016 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 25 to Jul 29	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 6 to Jun 10	6:00 - 6:25pm	3 Years	4	5	6
Jun 13 to Jun 17	6:00 - 6:25pm	4 Years	7	8	9
Jun 20 to Jun 24	6:00 - 6:25pm	3 Years	10	11	12
Jun 27 to Jul 1	6:00 - 6:25pm	4 Years	13	14	15
Jul 11 to Jul 15	6:00 - 6:25pm	3 Years	16	17	18
Jul 18 to Jul 22	6:00 - 6:25pm	4 Years	19	20	21
Jul 25 to Jul 29	5:00 - 5:25pm	3 Years	22	23	24
Jul 25 to Jul 29	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