



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

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: \$25 resident; \$29.00 non-resident (outside of Norwalk city limits)

Min/Max: 4/6

Week 1

Jun 13 to Jun 17	Level	Class	Level	Class	Level	Class
9:00 - 9:55am	1	34	2	35	4	36
10:00 - 10:55am	2	37	4	38	5	39
11:00 - 11:55am	1	40	3	41	6A	42
5:00 - 5:55pm	2	43	3	44	5	45

Week 2

Jun 20 to Jun 24	Level	Class	Level	Class	Level	Class
9:00 - 9:55am	2	46	2	47	6B	48
10:00 - 10:55am	1	49	4	50	5	51
11:00 - 11:55am	2	52	3	53	5	54
5:00 - 5:55pm	1	55	3	56	4	57

Week 3

Jun 27 to Jul 1	Level	Class	Level	Class	Level	Class
9:00 - 9:55am	1	58	3	59	6C	60
10:00 - 10:55am	2	61	3	62	5	63
11:00 - 11:55am	1	64	4	65	5	66
5:00 - 5:55pm	2	67	4	68	1	69

Week 4

Jul 11 to Jul 15	Level	Class	Level	Class	Level	Class
9:00 - 9:55am	2	70	1	71	3	72
10:00 - 10:55am	1	73	5	74	6A	75
11:00 - 11:55am	2	76	3	77	4	78
5:00 - 5:55pm	1	79	3	80	2	81

Week 5

Jul 18 to Jul 22	Level	Class	Level	Class	Level	Class
9:00 - 9:55am	2	82	3	83	6B	84
10:00 - 10:55am	1	85	4	86	4	87
11:00 - 11:55am	1	88	3	89	5	90
5:00 - 5:55pm	2	91	3	92	4	93

Week 6

Jul 25 to Jul 29	Level	Class	Level	Class	Level	Class
9:00 - 9:55am	2	94	3	95	1	96
10:00 - 10:55am	1	97	2	98	4	99
11:00 - 11:55am	2	100	3	101	6C	102
5:00 - 5:55pm	1	103	2	104	4	105

(level descriptions listed on back)

Level 1 - Introduction to Water Skills	Level 2 - Fundamental Aquatic Skills
<p>Helps participants feel comfortable in the water.</p> <ul style="list-style-type: none"> * 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 	<p>Gives participants success with fundamental skills</p> <ul style="list-style-type: none"> * 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
<p>Builds on the skills in Level 2 through additional guided practice in deeper water.</p> <ul style="list-style-type: none"> * 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 	<p>Develops confidence in the skills learned and improves other aquatic skills.</p> <ul style="list-style-type: none"> * 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
<p>Provides further coordination and refinement of strokes.</p> <ul style="list-style-type: none"> * 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 	<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"> * Fitness Swimmer (6C) * Personal Water Safety (6A) * Fundamentals of Diving (6B)