



HELPING TO CREATE SAFE, STRONG & INDEPENDENT SWIMMERS

NORWALK PARK & REC SWIM LESSONS

AGE 4 - 12 YEARS

FALL 2024 - Group Sessions



PLACEMENT TESTING IS REQUIRED!

**IF your child did not participate in Summer 2024*

Call to set your day & time.

419-663-6775 x0

- Thur 10/3: 5-6 PM
- Tues 11/5: 5-6 PM

Registration & Fees

REGISTER IN PERSON
@ REC CENTER FRONT DESK

\$50 MEM; \$58 UNV

Evening Sessions

Sept. 9 - Oct. 2 (Mon & Wed)

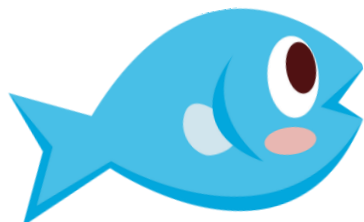
Pre School 1	Pre School 2	Level 1 (6+)	Level 2 (6+)	Level 3 (6+)	Level 4 (6+)
5:00-5:25	5:25-5:50	5:00-5:45		5:00-5:45	
6:00-6:25	6:25-6:50	6:00-6:45	6:00-6:45		6:00-6:45

Oct. 7 - Oct. 30 (Mon & Wed)

Pre School 1	Pre School 2	Level 1 (6+)	Level 2 (6+)	Level 3 (6+)	Level 4 (6+)
5:00-5:25	5:25-5:50	5:00-5:45		5:00-5:45	
6:00-6:25	6:25-6:50	6:00-6:45	6:00-6:45		

Nov. 11 - Dec. 4 (Mon & Tues)

Pre School 1	Pre School 2	Level 1 (6+)	Level 2 (6+)	Level 3 (6+)	Level 4 (6+)
5:00-5:25	5:25-5:50	5:00-5:45	5:00-5:45		
6:00-6:25	6:25-6:50	6:00-6:45	6:00-6:45		



Notes:

- Placement testing results will be kept on file if unable to participate in this session.
- Kids limited to one session unless openings are still available the day before start.
- Level 3 is held in Comp Pool.

Level 4 is the step before a child is ready to join the Stingrays, the rec center's swim team. It's an 8-session clinic to learn starts, turns and strokes needed for the swim team.

Prerequisite: "Level 3" group swim lessons or successful completion of the following skills:

- 1 minute Front float & 1 minute Back float
- 25 yard Front crawl/freestyle with proper rotary breathing with alternating arm/leg movement
- 25 yard Back crawl/backstroke with alternating arm/leg movement
- 25 yard Elementary Backstroke
- 25 yard Breaststroke with simultaneous arm/leg movement (timing can be off)
- 12.5 yards of Dolphin kick with proper body position
- 1 minute treading water

**Swimmers required to wear goggles in level 4 (& beyond); Caps recommended for longer hair, not required.