



**HELPING TO CREATE SAFE, STRONG & INDEPENDENT SWIMMERS**

# **NORWALK PARK & REC SWIM LESSONS**

## **INSTRUCTOR TRAINING**

**SPRING 2025**

**NEW!!**

### **HELP US GROW OUR TEAM!**

Share your passion for swimming as you help others reach their goals and stay safe in and around the water.

This is currently a FREE training program that will provide a pathway to becoming an instructor for our group and private lesson settings.

### **Upcoming Session**

#### **SKILLS ASSESSMENT:**

**Thursday 3/20 @ 6:00 PM**

Register by calling 419-663-6775 x0 by 3/19

#### **TRAINING SESSIONS:**

**Mondays & Wednesdays**

**5:00 - 8:00 PM**

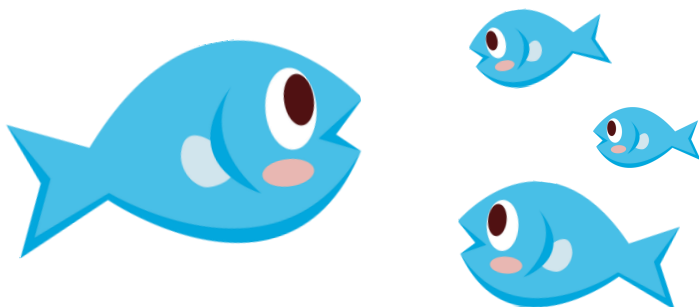
**3/31 - 4/23**

Sessions include observation and mentored teaching in the water during swimming lessons followed by 1 hour of instruction post-lessons.

*Please note: This program/training is unique to our facility and will not provide you with a universally recognized certification.*

### **PRE-REQUISITES**

- Participate in a skills assessment:
  - 25 yards each of:
    - front stroke w/rotary breathing
    - backstroke
    - breaststroke
    - elementary backstroke
  - 1 min deep water treading
- Candidates must be 16 years or older by skills assessment date.
- Female candidates need a tasteful one-piece suit
- Male candidates need jammers/board shorts.



**Questions? 419-663-6775 x1025**