



HELPING TO CREATE SAFE, STRONG & INDEPENDENT SWIMMERS

# NORWALK PARK & REC SWIM LESSONS

## AGE 4 - 12 YEARS

### SPRING 2025 - Group Sessions



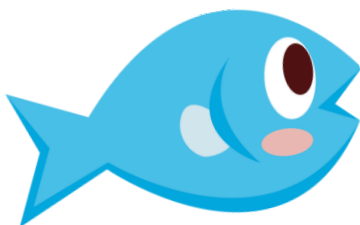
### PLACEMENT TESTING IS REQUIRED!

*\*IF your child has not participated in 2024 or 2025.*

Call to set your day & time.

419-663-6775 x0

- Mon 3/17: 5-6 PM
- Thur 3/20: 5-6 PM
- Tues 4/15: 5-6 PM
- Thur 4/24: 5-6 PM



### Registration & Fees

REGISTER IN PERSON

@ REC CENTER FRONT DESK

MEM BEGINS: 3/20 @ 6:30 PM

UNV BEGINS: 3/25 @ 6:30 AM

**\$50 MEM; \$58 UNV**

#### 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 last class of 1<sup>st</sup> session.
- Level 3 is held in Comp Pool.

### Evening Sessions

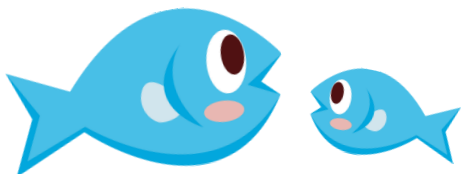
Mar. 31 - Apr. 23 (Mon & Wed)

Pre School 1	Pre School 2	Level 1 (6+)	Level 2 (6+)	Level 3 (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

Apr. 28 - May 21 (Mon & Wed)

Pre School 1	Pre School 2	Level 1 (6+)	Level 2 (6+)	Level 3 (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

Is your little fish 6 months to 3-years-old?



Check out the PARENT & CHILD AQUATICS options!

### READY FOR STROKE CLINICS & STINGRAYS?

**Stroke Clinics:** the next step before a child is ready to join the Stingrays, the rec center's swim team. Learn and refine 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.