



HELPING TO CREATE SAFE, STRONG & INDEPENDENT SWIMMERS

NORWALK PARK & REC SWIM LESSONS

AGE 4 - 12 YEARS

WINTER 2025 - Group Sessions



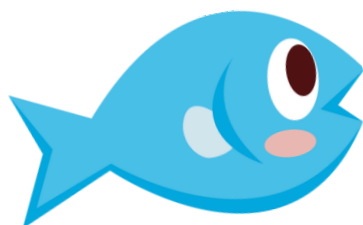
PLACEMENT TESTING IS REQUIRED!

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

Call to set your day & time.

419-663-6775 x0

- Thur 12/12: 5-6 PM
- Wed 12/18: 5-6 PM
- Tues 1/7: 5-6 PM
- Wed 1/29: 5-6 PM
- Tues 2/4: 5-6 PM



Registration & Fees

REGISTER IN PERSON

@ REC CENTER FRONT DESK

MEM BEGINS: 12/18 @ 6:30 PM

UNV BEGINS: 12/20 @ 6:30 AM

\$50 MEM; \$58 UNV

Evening Sessions

Jan. 13 - Feb. 6 (Mon & Thur)

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	On hold until spring session.	
6:00-6:25	6:25-6:50	6:00-6:45	6:00-6:45		

Feb. 17 - Mar. 13 (Mon & Thur)

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	On hold until spring session.	
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 last class of 1st session.
- 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.