



NORWALK PARK & REC SWIM LESSONS

INSTRUCTOR TRAINING

HELPING TO CREATE SAFE, STRONG & INDEPENDENT SWIMMERS

Spring 2026

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:

Tues 3/17 or Wed 3/18

@ 6:00pm

Register by calling 419-663-6775 x0

Training Sessions:

Mondays and Thursdays

March 30-April 23

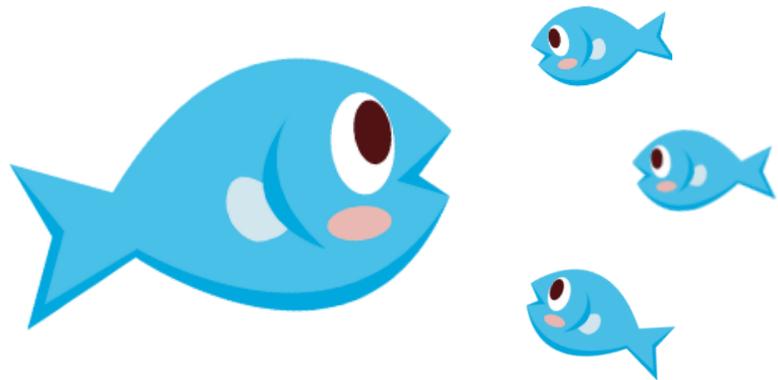
5:00pm-8:00pm

Sessions include two hours of observation and mentored teaching in the water during spring group lessons followed by one hour of instruction.

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

PRE-REQUISITES

- **Candidates must be 16 years or older by skills assessment date.**
- **Must participate in a skills assessment:**
 - **25 yards each of:**
 - front stroke w/rotary breathing
 - backstroke
 - breaststroke
 - elementary backstroke
 - **1 min deep water (11.5 feet) treading**
- **Female candidates need a tasteful one-piece suit**
- **Male candidates need jammers/board shorts.**



Questions?

Carissa Link, Aquatics Coordinator

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