



Parks and Recreation Department
1100 Chatham Av Norwalk, IA 50211 515.981.9206

Parent & Child (Baby Lessons: 18 months to age 2)

A parent will need to get in the water with this age group.

Cost: \$20.00 resident \$23.00 non-resident (outside of Norwalk's city limits)

Min/Max per class: 4/6

Date	Time	Level	Class #	Class #	Class #
Aug 8 to Aug 12	5:00 - 5:25pm	B1	1	2	3
Aug 8 to Aug 12	5:30 - 5:55pm	B2	4	5	6

Level B1	Level B2
Provides experiences and activities for children to: <ul style="list-style-type: none"> * Learn to ask for permission before entering the water * Learn how to enter and exit the water in a safe manner * Feel comfortable in the water * Explore submerging to the mouth, nose, eyes completely * Explore buoyancy on the front and back position * Change body position in the water * Learn how to play safely * Experience wearing a US Coast Guard - approved life jacket 	Builds upon the skills learned in Level 1 and provides experiences and activities for children to: <ul style="list-style-type: none"> * Establish expectations for adult supervision * Learn more ways to enter and exit the water in a safe manner * Explore submerging in a rhythmic pattern * Glide on the front and back with assistance * Perform combined stroke on front and back with assistance * Change body position in the water * Experience wearing a US Coast Guard - approved life jacket in the water

Preschool Aquatics (Ages 3 and 4)

Parents *do not* get in the water for this age group.

Cost: \$25.00 residents \$29.00 non-residents (outside Norwalk's city limits)

Min/Max per class: 4/6

Date	Time	Level	Class #	Class #	Class #
Jun 13 to Jun 17	6:00 - 6:25pm	P1	7	8	9
Jun 20 to Jun 24	6:00 - 6:25pm	P2	10	11	12
Jun 27 to Jul 1	6:00 - 6:25pm	P3	13	14	15
Jul 11 to Jul 15	6:00 - 6:25pm	P1	16	17	18
Jul 18 to Jul 22	6:00 - 6:25pm	P2	19	20	21
Jul 25 to Jul 29	6:00 - 6:25pm	P3	22	23	24
Aug 1 to Aug 5	5:00 - 5:25pm	P1	25	26	27
Aug 1 to Aug 5	5:30 - 5:55pm	P2	28	29	30
Aug 1 to Aug 5	6:00 - 6:25pm	P3	31	32	33

(level descriptions listed on back)

Level P1	Level P2	Level P3
<p>Orients children to the aquatic environment and helps them gain basic aquatic skills.</p> <ul style="list-style-type: none"> * Enter and exit water using ladder, steps or side * Blow bubbles through mouth and nose * Submerge mouth, nose and eyes * Open eyes under water and retrieve submerged objects * Front and back glides and recover to a vertical position * Back float and recover to a vertical position * Roll from front to back and back to front * Tread with arm and hand actions * Alternating and simultaneous leg actions on front and back * Alternating and simultaneous arm actions on front and back * Combined arm and leg actions on front and back 	<p>Helps children gain greater independence in their skills and develop more comfort in and around water.</p> <ul style="list-style-type: none"> * Enter water by stepping in * Exit water using ladder, steps or side * Bobbing * Open eyes under water and retrieve submerged objects * Front and back floats and glides * Recover from a front or back float or glide to a vertical position * Roll from front to back and back to front * Tread water using arm and leg actions * Combined arm and leg actions on front and back * Finning arm action on back 	<p>Helps children start to gain basic swimming propulsive skills to be comfortable in and around water.</p> <ul style="list-style-type: none"> * Enter water by jumping in * Fully submerge and hold breath * Bobbing * Front, jellyfish and tuck floats * Recover from a front or back float or glide to a vertical position * Back float and glide * Change direction of travel while swimming on front or back * Tread water using arm and leg actions * Combined arm and leg actions on front and back * Finning arm action on back