



HELPING TO CREATE SAFE, STRONG & INDEPENDENT SWIMMERS

# NORWALK PARK & REC SWIM LESSONS

## AGE 4 - 12 YEARS

### FALL 2024 - Group Sessions

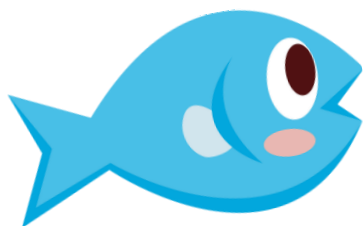
#### PLACEMENT TESTING IS REQUIRED!

*\*IF your child did not participate in Summer 2024*

*Call to set your day & time.*

*419-663-6775 x0*

- Thur 8/22: 5-6 PM
- Thur 8/29: 5-6 PM
- Thur 9/5: 5-6 PM
- Thur 10/3: 5-6 PM
- Tues 11/5: 5-6 PM



#### Registration & Fees

REGISTER IN PERSON  
@ REC CENTER FRONT DESK

MEM: OPENS - 8/27 @ 6:30 PM

UNIV: OPENS - 9/3 @ 6:00 AM

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

#### Evening Sessions

##### Sept. 9 - Oct. 2 (Mon & Wed)

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	
6:00-6:25	6:25-6:50	6:00-6:45	6:00-6:45		6:00-6:45

##### Oct. 7 - Oct. 30 (Mon & Wed)

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	
6:00-6:25	6:25-6:50	6:00-6:45	6:00-6:45		6:00-6:45

##### Nov. 11 - Dec. 4 (Mon & Tues)

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		
6:00-6:25	6:25-6:50	6:00-6:45	6:00-6:45	6:30-7:15	

#### 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 day before start.
- 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.