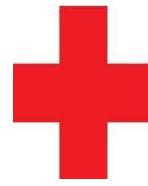




Parks and Recreation Department  
1104 Sunset Drive Norwalk, IA 50211 515.981.9206



American  
Red Cross

## 2020 Swimming Lessons

### Learn-to-Swim (children ages 5 through 15)

To enroll in an American Red Cross course, the participant must have successfully completed or must be able to perform the skills in the preceding course. **Only one swim class reservation per child is allowed at one time.** Upon completion of each course, another registration may be made. If classes do not meet the minimum of four students, we will move them to another class with notification.

**Cost:** \$30.00 resident; \$34.50 non-resident (outside of Norwalk city limits)

**Min/Max:** 4/6

### Week 1

Jun 8 to Jun 12	Level	Class	Level	Class	Level	Class
9:00am - 9:55am	1	28	2	29	4	30
10:00am - 10:55am	2	31	4	32	5	33
11:00am - 11:55am	1	34	3	35	2	36
5:00pm - 5:55pm	2	37	3	38	5	39

### Week 2

Jun 15 to Jun 19	Level	Class	Level	Class	Level	Class
9:00am - 9:55am	2	40	2	41	1	42
10:00am - 10:55am	1	43	4	44	5	45
11:00am - 11:55am	2	46	3	47	5	48
5:00pm - 5:55pm	1	49	3	50	4	51

### Week 3

Jun 22 to Jun 26	Level	Class	Level	Class	Level	Class
9:00am - 9:55am	1	52	3	53	2	54
10:00am - 10:55am	2	55	3	56	5	57
11:00am - 11:55am	1	58	4	59	5	60
5:00pm - 5:55pm	2	61	4	62	1	63

### Week 4

Jul 6 to Jul 10	Level	Class	Level	Class	Level	Class
9:00am - 9:55am	2	64	1	65	3	66
10:00am - 10:55am	1	67	5	68	2	69
11:00am - 11:55am	2	70	3	71	4	72
5:00pm - 5:55pm	1	73	3	74	2	75

### Week 5

Jul 13 to Jul 17	Level	Class	Level	Class	Level	Class
9:00am - 9:55am	2	76	3	77	1	78
10:00am - 10:55am	1	79	2	80	4	81
11:00am - 11:55am	1	82	3	83	5	84
5:00pm - 5:55pm	2	85	3	86	4	87

### Week 6

Jul 20 to Jul 24	Level	Class	Level	Class	Level	Class
9:00am - 9:55am	2	88	3	89	1	90
10:00am - 10:55am	1	91	2	92	4	93
11:00am - 11:55am	2	94	3	95	1	96
5:00pm - 5:55pm	1	97	2	98	4	99

(level descriptions listed on back)

<b>Level 1 - Introduction to Water Skills</b>	<b>Level 2 - Fundamental Aquatic Skills</b>
<p>No skill prerequisites. Participants usually start at about 6 years of age. Level 1 helps participants feel comfortable in the water with support. Enter water using a ramp, steps or side. Exit water using ladder, steps or side. Blow bubbles for 3 seconds. Bobbing, 5 times. Open eyes under water and retrieve submerged objects. Glide positions. Back floats. Roll from front to back and back to front. Alternating and simultaneous leg and arm actions on front and back. Combined arm and leg actions on front and back.</p> <p>If your child is comfortable in the water, will submerge under water and can do front and back floats and glides unassisted, please sign your child up for Level 2</p>	<p>A successful demonstration of the Learn-to-Swim Level 1 exit skills assessment is required. Level 2 gives participants success with fundamental skills independently. Step or jump from the side into shoulder-deep water, exit water using ladder, steps or side. Fully submerge and hold breath. Open eyes under water and retrieve submerged objects. Rotary breathing. Front, jellyfish and tuck floats. Front glide and recover to a vertical position. Back glide and recover to a vertical position. Back float. Roll from front to back and back to front. Tread water. Change direction of travel while swimming on front or back. Combined arm and leg actions on front. Combined arm and leg actions on back. Fanning arm action on back.</p> <p>If your child can do these things please proceed to level 3.</p>

<b>Level 3 - Stroke Development</b>	<b>Level 4 - Stroke Improvement</b>
<p>Successful demonstration of the Learn-to-Swim Level 2 exit skills assessment is required. Level 3 builds on the skills in Level 2 through additional guided practice in deeper water by learning to jump into deep water from the side, submerge, return to the surface then to the side. Headfirst entry from the side in seated and kneeling positions. Bobbing while moving to safety. Rotary breathing. Survival floats. Back float. Tread water. Change from vertical to horizontal position on front and back. Push off in a streamlined position on front, then begin kicking. Swim front crawl for 15 yards. Swim elementary backstroke for 15 yards. Flutter, scissors, breaststroke, and dolphin kicks.</p> <p>If your child can do these things please proceed to level 4.</p>	<p>Successful demonstration of the Learn-to-Swim Level 3 exit skills assessment is required. Level 4 develops confidence in the skills learned and improves other aquatic skills. Headfirst entry in compact and stride positions. Feet-first surface dive. Swim underwater. Tread water, using 2 different kicks. Survival swimming for 1 minute. Front crawl for 25 yards. Elementary backstroke for 25 yards. Breaststroke for 15 yards. Back crawl for 15 yards. Butterfly for 15 yards. Sidestroke for 15 yards. Open turns on the front and back. Flutter and dolphin kicks on back. Push off in a streamlined position on back, then begin kicking.</p> <p>If your child can do these things please proceed to level 5.</p>

<b>Level 5 - Stroke Refinement</b>	<b>Adult Swim- Learning the basics</b>
<p>Successful demonstration of the Learn-to-Swim Level 4 exit skills assessment is required. Level 5 provides further coordination and refinement of strokes. Shallow-angle dive into deep water. Tuck surface dive. Pike surface dive. Tread water for 5 minutes. Tread water, using legs only, for 2 minutes. Sculling for 30 seconds. Front crawl for 50 yards. Elementary backstroke for 50 yards. Breaststroke for 25 yards. Back crawl for 25 yards. Butterfly for 25 yards. Sidestroke for 25 yards. Front flip turn. Backstroke flip turn.</p>	<p>The purpose of Adult Swim is to help participants gain basic aquatic skills and swimming strokes. Teach skills and concepts needed to stay safe in and around water and to help themselves or others in an aquatic emergency. There are no prerequisites.</p> <p>During Adult Swim you will learn to enter chest-deep water, walk in chest-deep water, enter water by stepping or jumping in from the side, fully submerge, then recover to the surface and return to the side, roll from front to back and back to front, change from vertical to horizontal position on front and back, in deep water, change from vertical to horizontal position on front and back then travel toward safety, in deep water, arm and hand treading actions, 1 minute, in chest-deep water, tread water using arm and leg actions, 1 minute, in deep water.</p>