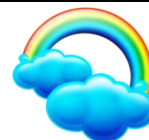

















Kicks N Flips 2013 Class & Event Descriptions/Schedule

Level	Requirements	Completed Skills (to pass this level)
Parent-tot	None, 6+ mo	This is a water introduction class that is fun for both parent and child. Through playing games, children learn to blow bubbles, kick, float, glide, and become familiar with floatation devices. Jumping from the wall and going down the small slide are class favorites.
1	None, 3+ yrs	This is an introductory class where children work on basic water skills without a parent. The following skills are introduced at a slow and steady pace: submerging head, blowing bubbles, supported front and back floats, moving through the water, kicking, arm movements, and lifejacket use. Basic listening skills and safety rules are an important part of this class.
1.5	Level 1 skills, 3-4 yrs	This class is designed for your 3-4 yr old "fish" who has passed level 1, is comfortable submerging, and can float by them self. These kids are too little and/or not mature enough to work independently in level 2. They work on level 2 skills, but at a slower pace. We see more of their feet than their heads because they are upside down most of the time. This class is a blast!
2	Level 1 skills, 5+ yrs	This is a fast pace class where children are expected to work independently when an instructor is not working directly with them. Submerging while blowing bubbles, floating, and gliding are reinforced. The front and back crawl stroke are emphasized. Children need to swim both strokes, with good form, for 20 feet without stopping to pass this class. Lifejackets, rescue breathing, and safety issues are also addressed.
3	Level 2 skills, 5+ yrs	Children continue to work on perfecting the front and back crawl stroke. Side breathing is incorporated and the elementary backstroke is introduced. Students begin swimming in the deep end and are introduced to treading water and diving from the side. To pass, children need to swim all three strokes, with good form, for 50 feet without stopping. CPR, reaching assists, and "smart swimming" are introduced while safety issues continue to be reinforced.
4	Level 3 skills 6+ yrs	Children continue to perfect level 3 skills. The breaststroke, standing dives, and throwing assists are introduced. Children need to swim all four strokes, with good form, for 25 yards (75 feet) in order to pass this class. Treading water, safety skills, and "smart swimming" are reinforced.
5	Level 4 skills 7+ yrs	Children continue to perfect level 4 skills. The sidestroke, board diving, and flip turns are introduced. Children need to tread water for two minutes and swim all five strokes, with good form, for 50 yards (150 feet) in order to pass this class. Safety skills, and "smart swimming" continue to be reinforced.
6	Level 5 skills 8+ yrs	Emphasis is placed on endurance and technique during this level. Using all five strokes, children must swim 500 yards continuously and tread water for 5 minutes to pass this class. Swimming 100 yards of each stroke with excellent technique is also required. The butterfly, lifeguard skills, and diving approaches are introduced. Safety skills, and "smart swimming" continue to be reinforced.
Advanced Swimmers	Level 6 skills 8+ yrs	Endurance and technique are emphasized in this class. It is for those who have passed level 6 and would like to continue to be in the water and work on improving their skills. All the strokes are included in this class. Children will also get to choose other subjects to concentrate on. (i.e.: diving, lifeguarding skills, swim races and starts, flips turns, and water safety)
Swim Team Prep	Level 6 skills 8+ yrs	Endurance and technique are emphasized in this class. It is for those who have passed level 6 and would like to work skills aimed for swim team competition. If your child is unsure if they would like to go out for the swim team, this is a perfect class. We work on starts, flip turns, and strength and gear towards races. We swim lots of laps!



Event/Price	Description	Dates & Times	Session
Gymnastics Session A: \$45 Session B: \$50	<i>For kids:</i> Recreational gymnastics classes where we work on basic skills on all the events in a non-competitive fun way! Session A: approx ages 3-5 yrs, Session B: approx ages 5+ **Prices are for a 5 week session of once/week classes. Registration is required for this class	Feb 25-June 3 Mon: 4:00-4:45pm 6:30-7:30pm Ongoing Enrollment	 A B
Playercise \$5/class for morning \$25/session for eve *NEW*	<i>For toddler/preschoolers to play, exercise, and socialize:</i> Utilizing the gymnastics gym, playground, and swimming pool. \$5/class for morning classes \$25/session for evening classes: includes 5 classes *Registration is required for evening session only*	Feb 26-June 5 Tue & Wed: 10:30-11:30am Wed: 5:30-6:30pm  Ongoing Enrollment 	
Famircise \$50/session/family	<i>For families with kids of any age:</i> Families work out together through games and circuits. Work on increasing muscle, flexibility, and body awareness while setting a great example for your kids! **Prices are for a 5 week session of once/week classes. Registration is required for this class	Mon: Feb 25-June 3 10:30-11:30am Mon: Feb 25-June 3 5:00-6:00pm	A  B
Season Opener ☆ FREE	**Pool party to kick off 2013 (hopefully a hot one!)**	June 2 2:00-4:30pm	
Bike Clubs Session 1: \$100 (includes all possible classes) Session 2: \$100 (includes all possible classes & 2 week vacation allowance) *NEW*	<i>For kids & adults:</i> This will be a fun way for kids and adults to exercise together while biking around the Wyoming & possibly other areas. We will meet at least once/week to have fun with friends while biking around the area. After biking, kids can play on the playground...and of course, we will have to cool off in the pool after the workout! 80% of the \$ will be put in a pot & the winner at the end of the season gets it! (determined by attendance and challenges) Key: A: Adults AC: Adults & Children 8+ yrs old Registration is required for this class	April 1- June 3 Mon: 9:00-10:00am Wed: 6:45-7:45pm Sun: 6:45-7:45pm *No classes May 27 June 12-Aug 28 Tue: 2:15-3:15pm Wed: 8:15-9:15am Sun: 6:45-7:45pm *No classes week of July 1	1A: A 1B: AC 1C: AC 2A: AC 2B: A 2C: AC 
W.O.W \$90/session Lap Swim \$5/day Mom's A Float Free w/registered child \$5/day w/o registered child	W.O.W: (Work Out in the Water) We will focus on endurance, flexibility, and strength. Incorporating stretching and conditioning on land with a toning and endurance workout in the water! Bring your own mat, goggles, and weights if desired. Lap Swim: The pool will be open to swim laps. The playground will be open for your little ones. Mom's A Float: Expectant and newly delivered moms can take the weight off for a while and float around in the pool. This social outing is sure to relieve some of that pregnancy stress! Registration is required for all these classes	Tuesdays 8:30-9:15am June 4-August 27 *No classes July 2	  
Mini Clinics \$30 *NEW*	<i>For kids</i> who need just a bit more work to pass and/or are stuck on a certain skill or skills. **Bring a friend for free on one of the days! Session 5A: Levels 3,4,5,6 Session 5B: Levels 1, 1.5, 2	(M,T,W) 4:30-5:30 July 22-24 July 29-31	 5A 5B
Seriously Silly Camp \$55	<i>For water lovin' kids who are at Levels 1.5 and higher</i> 3 days of tons of fun in the sun! Activities include, swimming (of course!), gymnastics/tumbling, outdoor fun on the playground, an art project, and snack time. Bring a snack!	August 6-8 (T,W,Th) 12:30pm-3:00pm	
Olympic Day Camp \$40/day	Wind down the summer with a day or two of fun in the pool, flip around some gymnastics equipment, and experience a few other sports as well...a True Olympic Experience!! We will be walking to Goodview Park for part of this camp. Bring a snack, lunch, walking shoes, gym & swim clothe.	August 26 & 27 (Mon & Tue) 9:30am-4:30pm Register for either or both days	
Floatin' & Flippin' Birthday Party \$140/2 hours	Have fun floating, flipping and rocking around the pool! We are happy to provide lifejackets to those who need them. Sizes range from infant to youth. For safety reasons, water wings and swim suits with floats are not allowed in the pool. Thank you for understanding.	Contact us to schedule your birthday party.	
Open Swim \$5/swimmer	Children practice their swimming skills for the first 30 minutes while the last 30 minutes is free time.	TBA See schedule	
Pack the Pool	Need an evening to yourself? Send the kids packin'...to a fun filled evening of swimming, eating, fun and games, and a movie. Children must be potty trained.	Fridays/Saturdays See schedule	
Bail out the Pool Party FREE ☆	7th Annual end of the season party. Time to get as much water out of the pool as possible!	September 15 2:00-4:30pm	