

KNF SWIM SCHOOL WELCOME LETTER-2025

Hello and thank you for registering for swim lessons at Kicks N Flips Swim School! We are looking forward to seeing your family for swim lessons this summer. You'll be coming to all of 5 days in your session, but we can figure out a make up option if needed. Please txt 651-303-0087 regarding that.

BAD WEATHER? There is always class on the first bad weather day for kids in level 1 and up & for 3 year old parent-tot kiddos. Kids should always have their swim gear (clothes, towel, goggles, etc) & bring their other "non pool" clothes with because we will be watching and discussing the water safety video if we can't be in the water. We do try to get in the water, even if it's worked around the video, and we also swim in the rain since we're wet anyway. I watch the weather radar very closely to see where the storms are in order to make accurate and timely decisions. Please understand that while it may be storming where you are but it may be clear or only slightly raining here. I do my best to notify everyone if classes are canceled (for any reason) by posting a cancellation notice on FB and sending out group txts. Sometimes, however, things move too quickly and/or I've been teaching in the pool and unable to contact families in time before the weather moves in. Sometimes we will need to implement a weather delay or cancel and reschedule (if it's day #2 of bad weather because we would have already watched the safety video during the first bad weather day) I'm pre-apologizing if that does happen. For parent-tot kids who are less than 3 years old, we would have you schedule a make up. The good news is that we are usually pretty lucky and bad weather misses us, thanks to my "Wyoming Bubble."

FOLLOW US ON FB! For the most up to date information, including class cancellations/reschedules/other opportunities, "Like & Follow" Kicks N Flips Swim School on Facebook.

GOGGLES: **YES!** We highly recommend that swimmers wear well fitting goggles that don't cover the nose. We need the swimmers looking at targets to get their heads into specific positions as well as seeing many things in the water. We sell them individually and as part of our KNF Swim Kits & both are located near the counter. They beat store hopping, ordering online with expedited shipping, and/or ripping your home and/or vehicle apart looking for them.

SWIM KITS: This summer, we have prepared KNF Swim Kits for you so that you will have all of the fun & essential tools to keep the learning going when not in class. Kids can bring & use their kits to class, just label the items with a permanent marker.

COLD SWIMMERS: Swimmers can wear shirts in the pool to help keep them warm. The pool is heated to 88F, but some people still get cold, & wearing a shirt helps keep warm water on their skin and the cooler air off it. Any shirt, except sweatshirts and those with a hood, is allowed. We do have some available to use if needed. They are in the shelving cart by the counter. Please put them on the drying rack (white PVC pipe rack by the kickboards)

PARKING: Drive slowly and be observant in & around the neighborhood, property, driveway, and street because of all the little people, parents, grandparents, family members, friends, neighbors, & also pets, including Senya, the lifeguard dog, in the area. It's alright if you're late, no need to rush! Please do not HIT the RETAINING WALL too hard & fast. Park at a 45 degree

angle on either side of the driveway so you don't get blocked in & so you can back down the driveway onto the street. If there is no room in the driveway, you can park on the street in front of our house, on our side. There is room for 1 vehicle on the right (south) side of the driveway, and 4-5 on the left (north) side. Be careful, attentive, & drive slowly while in the driveway and/or on the street.

SWIM DIAPERS: Swim diapers are required for kids who aren't toilet trained.

BEFORE LESSON STARTS: Kids can play on the playground or sit in the chairs upon arrival. We do recommend that they disinfect their hands 5 minutes prior to playing on the playground and/or with the toys, repeat the disinfecting every 1-2 hours, and after they have consumed food. There are rules posted, please review them with your children. Some of the big ones are: don't go into the pool until instructed to do so, stay out of the window wells, don't throw things (rocks, toys, pine cones, sand, etc), don't bring rocks, sand, or the ride-on toys up onto the the playset, and be kind to each other. Kids should try to go to the bathroom before class starts...even though they will likely have to go again during class. It almost always happens and it's no biggie. We always tell the kids that it's totally ok if they need to go to the bathroom and that they don't need to ask, just tell us, walk to the bathroom, then walk back to get into class. It's much better to have them use the bathroom than have accidents in the pool, so please emphasize to them that bathroom breaks are allowed & encouraged when they are needed, but should not be used as excuses to get out of class 😊 Please make sure your kids remain in the back yard/fenced in area until it is time to leave.

SNACKS: Everyone is welcome to have snacks and drinks with them, just NO glass containers, alcohol, tobacco, or drug products. Please eat/drink them at the tables on the wooden deck or the picnic tables area instead of on the concrete pool deck or in the pool.

BATHROOMS: The 2 blue doors at the end of the pool deck by the deep end are bathrooms and the 2 blue doors you passed on the way into the pool area are **CHANGING ROOMS.**

VIRTUAL LESSONS: We are planning on making some videos of our program & will definitely need some kids (& adults) to be in them. If you're interested in that, please txt me details like when your availability is and what level. We are planning to have them available for purchase so swimmers can keep working the program even when not here.

Lastly, generally, water/swimming tends to amplify personality traits, especially in kids. So, if they are naturally cautious, they will usually be very cautious, where those with a lot of energy are usually very energized...etc. If you have young kiddos who are 1.5-4 years old, are starting class for the first or second time, this is their first class without a parent, and/or this is their first time in a "school" type situation where they need to listen to a teacher, follow directions, & complete tasks, expect that there will be a big learning curve...because we do! Adulting is tough, so know that Childing is also tough. We know kids are learning what it means to be in a "class" where they can't just play the whole time & that it is can be a tough lesson. Our program is based on a "work a little play a little" format, which means they have to work to complete their tasks before they get to have a play break where they get to play with some toys for a little bit. Then, we regroup, work on some more skills, then if they do their job practicing, they will earn another play break. This keeps repeating until the end of class & free time! Free time is earned by having great listening and effort skills throughout class, and even out of the pool on the rest of the property, if there are

major/multiple behavior problems that arise (fortunately, that doesn't happen often 😊) We use a 1,2,3 scale for listening and effort with 3 being the best and what we are striving for all the time! Of course we understand that kids are learning these skills while they mature and aren't going to be at 3s all the time. But, having that goal helps a lot! The rewards to encourage these listening & trying skills are: play breaks, free time, stickers, stamps, Senya class swims, and reward out of the reward bucket at the end of the session. I am also totally in favor of whatever bribes/rewards parents come up with, just let me know what they are so I can reinforce them. Having reward systems in place really helps the kids when they are having a tough time getting through a tough spot and need some motivation.

We're looking forward to seeing/meeting everyone!

Kristin & Senya