

2024 Kicks N Flips Swim Lesson DAYTIME Schedule May-Oct – Wyoming (updated 3-9-24) Page 3

Session	Month	Dates	Level 1.5 is 40 min	CLASS TIMES Start - End	Program DETAILS
1	May	1,2,7,8,9 (W,Th,T,W,Th)	Parent-Tot,1,1.5,2 Parent-Tot, 1 1.5,2	12:30-1:30pm 3:00-3:30pm 3:30-4:10/4:30p	<p>KNF DETAILS</p> <p>*Annual Registration Fee Per Family: \$40</p> <p>CLASS INFO *All levels attend all 5 days *Price includes all listed days * Price & Duration of Instruction Each Day</p> <p>LEVELS PRICES</p> <p>PT,1 \$110 1.5 \$120 2,3,4,5,6 \$145 Adv Swim \$145 STP \$155</p> <p>LEVELS MINUTES</p> <p>PT,1 30 1.5 40 2,3,4,5,6 60 Adv Swim 60 STP 70</p> <p>*Private Lesson Price \$ \$60,\$90,\$120 Time: (min) 30,45,60</p> <p>*Semi-Private Price \$ \$40,\$60,\$80 Time: (min) 30,45,60 *Per Person</p> <p>*MINUTES (min) & PRICES (\$) are color coded for private/semi-private lessons</p> <p>CLINIC INFO * Mini Clinic-2day 60 min, \$40 *Skills Clinic-3day 60 min, \$60</p>
2	May	14,15,16,20,21 (T,W,Th,M,T)	Parent-Tot,1,1.5,2 Parent-Tot, 1 1.5,2	12:30-1:30pm 3:00-3:30pm 3:30-4:10/4:30p	
3	May-June	29,30,3,4,5 (W,Th,M,T,W)	Parent-Tot,1,1.5,2 Parent-Tot, 1 1.5,2	12:30-1:30pm 3:00-3:30pm 3:30-4:10/4:30p	
4	June	11,12,13,18,19 (T,W,Th,T,W)	6, Adv Swim, STP (ends @ 10:40am) 3,4,5 Parent-Tot,1,1.5,2 Parent-Tot,1,1.5,2 3,4,5,6	9:30-10:30am 10:40-11:40am 11:50-12:50pm 2:40-3:40pm 3:50-4:50pm	
5	June-July	25,26,27,1,2 (T,W,Th,M,T)	3,4,5 Parent-Tot,1,1.5,2 6, Adv Swim, STP (ends @ 12:55pm) 3,4,5,6 Parent-Tot,1,1.5,2	9:30-10:30am 10:40-11:40am 11:45-12:45pm 1:45-2:45pm 3:00-4:00pm	
6	July	8,9,10,15,16 (M,T,W,M,T)	Parent-Tot,1,1.5,2 3,4,5 6, Adv Swim, STP (ends @ 12:55pm) Parent-Tot,1,1.5,2 3,4,5,6 Parent-Tot,1,1.5,2	9:30-10:30am 10:40-11:40am 11:45-12:45pm 1:50-2:50pm 3:00-4:00pm 4:00-5:00pm	
7	July	18,19,22,23,24 (Th,F,M,T,W)	6, Adv Swim, STP (ends @ 10:40am) 3,4,5,6 Parent-Tot,1,1.5,2 3,4,5,6 Parent-Tot,1,1.5,2 3,4,5,6	9:30-10:30am 10:40-11:40am 11:50-12:50pm 1:40-2:40pm 2:50-3:50pm 4:00-5:00pm	
8	August	6,7,8,12,13 (T,W,Th,M,T)	Parent-tot,1 1.5, 2 3,4,5,6,Adv Swim, STP(ends @12:30pm) 3,4,5,6,Adv Swim, STP(ends @ 3:40pm) 1.5,2 Parent-tot,1	9:30-10:00am 10:10-11:10am 11:20-12:20pm 2:30-3:30pm 3:30-4:30pm 4:30-5:00pm	
8A 8B	Mini Clinics	6&8 (T&Th) *practice trouble skills & Mini Clinic: 3,4,5,6 6&8 (T&Th) bring a friend for 1 day Mini Clinic: 1,1.5,2		5:00-6:00pm 6:00-7:00pm	
9	August	14,15,19,20,21 (W,Th,M,T,W)	3,4,5,6,Adv Swim, STP(ends @ 10:40am) Parent-Tot,1,1.5,2 3,4,5,6,Adv Swim, STP(ends @1:00pm) 1, 1.5, 2 Parent-Tot,1,1.5,2 3,4,5,6,Adv Swim, STP(ends @4:40pm)	9:30-10:30am 10:40-11:40am 11:50-12:50pm 1:00-2:00pm 2:30-3:30pm 3:30-4:30pm	
10A 10B	August Skills Clinics	26,27,28 (M,T,W) 26,27,28 (M,T,W)	Parent-Tot,1,1.5,2 3,4,5,6,Adv Swim, STP	11:45-12:45pm 12:45-1:45pm	
11	Sept	10,11,12,17,18 (T,W,Th,T,W)	Parent-Tot,1,1.5,2 Parent-Tot, 1 1.5,2	12:30-1:30pm 3:00-3:30pm 3:30-4:10/4:30p	
12	Sept-Oct	24,25,26,1,2 (T,W,Th,T,W)	Parent-Tot,1,1.5,2 Parent-Tot, 1 1.5,2	12:30-1:30pm 3:00-3:30pm 3:30-4:10/4:30pm	

2024 Kicks N Flips Swim Lesson EVENING Schedule May-Oct - Wyoming (updated 3-9-24)

Session	Month	Dates	Level	<i>1.5 is 40 min</i>	<u>CLASS TIMES</u>	<u>Program</u>
					<u>Start - End</u>	<u>DETAILS</u>
1	May	1,2,7,8,9 (W,Th,T,W,Th)	Parent-Tot, 1 1.5,2 3,4,5,6		4:30-5:00pm 5:00- 5:40 /6:00pm 6:15-7:15pm	(See Other Side of This Sheet)
2	May	14,15,16,20,21 (T,W,Th,M,T)	Parent-Tot, 1 1.5,2 3,4,5,6		4:30-5:00pm 5:00- 5:40 /6:00pm 6:15-7:15pm	(See Other Side of This Sheet)
3	May-June	29,30,3,4,5 (W,Th,M,T,W)	3,4,5,6, Adv Swm, STP(ends @5:40pm) Parent-Tot,1,1.5,2 3,4,5,6		4:30-5:30/ 5:40pm 5:30-6:30pm 6:15-7:15pm	
4	June	11,12,13,18,19 (T,W,Th,T,W)	3,4,5,6, Adv Swm, STP(ends @5:55pm) Parent-Tot,1,1.5,2 3,4,5,6		4:45-5:45/ 5:55pm 5:45-6:45pm 6:30-7:30pm	
6	July	8,9,10,15,16 (M,T,W,M,T)	3,4,5,6, Adv Swm, STP(ends @6:10pm) Parent-Tot,1,1.5,2 3,4,5,6		5:00-6:00/ 6:10pm 6:00-7:00pm 6:45pm-7:45pm	
8	August	6,7,8,12,13 (T,W,Th,M,T)	3,4,5,6, Adv Swm, ST(ends @6:10pm) Parent-Tot,1,1.5,2 3,4,5,6		5:00-6:00/ 6:10pm 6:00-7:00pm 6:45pm-7:45pm	
8A 8B	Mini Clinics	6 & 8 (T&Th) *practice trouble skills & Mini Clinic: 3,4,5,6 6 & 8 (T&Th) bring a friend for 1 day Mini Clinic: 1,1.5,2			5:00-6:00pm 6:00-7:00pm	
9	August	14,15,19,20,21 (W,Th,M,T,W)	3,4,5,6, Adv Swim, STP(ends @5:50pm) Parent-Tot,1,1.5,2 3,4,5,6		4:30-5:30/ 5:40pm 5:30-6:30pm 6:15-7:15pm	
10C 10D 10E	August Skills Clinics	26,27,28 (M,T,W)	3,4,5,6, Adv Swim, STP(ends @5:40pm) Parent-Tot,1,1.5,2 3,4,5,6, Adv Swim, STP		4:30-5:30pm 5:30-6:30pm 6:15-7:15pm	
11	Sept	10,11,12,17,18 (T,W,Th,T,W)	Parent-Tot, 1 1.5,2 3,4,5,6		4:30-5:00pm 5:00- 5:40 /6:00pm 6:15-7:15pm	
12	Sept-Oct	24,25,26,1,2 (T,W,Th,T,W)	Parent-Tot, 1 1.5,2 3,4,5,6		4:30-5:00pm 5:00- 5:40 /6:00pm 6:15-7:15pm	

Instruction Time (5 day sessions over 2 weeks), PT & lvl 1 = 30 min, lvl 1.5 = 40 & lvl 2 = 60 min., STP = Swim Team Prep = 70 min
Other Events & New Offerings Coming This Summer!!!: (See Page 2 & 5 for details)

WHY KNF? Many lakes, rivers, pools, & water parks are opening up early here in MN & surrounding states, thus making this a very dangerous time of the year. Unfortunately, drownings are the #1 cause of deaths in children up to 6 years old. It is heartbreaking. In an ongoing effort, KNF is dedicated to educate and teach these life-saving swim skills to as many people as we can, as soon as we can, specifically targeting kids starting @ 6 months to 106 years “older kids @ heart.” At KNF Swim School, we believe in teaching people to swim as early, quickly, & correctly as possible, while having fun of course, so they can be smart swimmers & save themselves! Our LTS program was established in 1996 & has evolved into the top notch program it is today! We use innovative and unique methods that focus on excellent technique to produce accelerated, competent, & smart swimmers. Our goal is to get them safely swimming on their own in water over their head by the time they are 6 years old, but kids are often achieving that by 5 years old, many even sooner! This process does require the family to commit to 5 day sessions spread over 2 weeks.

VIRTUAL SWIM HELP VIA VIDEOS & SWIM KITS COMING THIS SPRING! Practice on your own with the help of our unique program and tools. These will help any Non-Olympian improve their swimming skills no matter what their current skill level is...even if it's a 0. Zoom lessons may also be a possibility.

BIRTHDAY PARTY COUPON! Use your SPECIAL 15% off coupon & reserve your birthday party soon for 2024!!

KNF EVENTS, OPEN SWIM & PACK THE POOL SCHEDULES, ETC.

Kids' Safety Course: TBD

Planned to cover safety in/on/around: playground, water, boats, bikes/scooters/skateboards, animals, medical / emergency, & possibly age-appropriate anti-smoking/drinking/drugs, social media awareness, bullying & abduction prevention.

Virtual Learning Options (videos): Contact for info

STP, Swim Team Coach or Assistant Coach: 6-12grd Partial – Full Lesson: Parent-Tot-Adv Swim

Swim Practice Kits: Each kit has specific items for teaching & fun purposes depending on level group. Each kit is worth approximately the same value, even if there are different numbers of items in them. PERFECT FOR GIFTS-EASTER!!

LITTLES (Parent-Tot,1,1.5,2) \$40 25 ITEMS!	BIGS (3,4,5,6) \$40 *Per Availability 23-25 ITEMS!	ADVANCED \$40 (Adv Swim, STP, Competitive Swimmers) *per availability 19-20 ITEMS!
1 Mesh Bag 1 Dive Ring 4 Dive Toys 1 Bubble Cup 1 Pair of Zabbert Goggles 1 Reusable Straw 1 Bubble (aka Breathing) Band 1 Face Shield (animal or pancake per availability) 3 Floating Sticker Coins 1 Pair Sunglasses 1 Mirror Surface (<i>not glass</i>) 1 Dry Erase Board 2 Assorted Floating Pool Toys Assorted Accomplishment Stickers <i>EVA Foam Supplies:</i> 2 Tub Stickers 1 Ring (aka pillow) 1 Swim Stick 1 Swim Skills Board <i>*All Items Are Assorted & Random Colors/Designs</i>	1 Mesh Bag 1 Dive Ring 4 Dive Toys 2 Water Bombs 1 Pair of Zabbert Goggles 1 Sharkpedo OR 2 Dive Jewels OR 2 Necklaces (per availability) 1 Bubble (aka Breathing) Band 1 Pair Sunglasses 1 Dry Erase Board Assorted Accomplishment Stickers &/or Treats (per availability) <i>EVA Foam Supplies:</i> 2 Tub Stickers, 1 Ring (aka pillow) 1 Swim Stick 1 Swim Skills/Kick Board <i>*All Items Are Assorted & Random Colors/Designs</i>	1 Mesh Bag 1 Dive Ring 4 Dive Toys 2 Dive Necklaces 2 Water Bombs or 1 football (per availability) 1 Sharkpedo or Comparable Pool Toy (per availability) 1 Bubble (aka Breathing) Band 1 Dry Erase Board 1 Notebook Assorted Accomplishment Treats <i>EVA Foam Supplies:</i> 2 Tub Stickers, 1 Ring (aka pillow) 1 Swim Stick 1 Swim Skills/Kick Board <i>*All Items Are Assorted & Random Colors/Designs</i>

Float N Fun B-Day Pool Party: 2hr \$245 25 swimmers

- *Supervised time in the pool & on the playground + a helpful attendant to assist in running the party!
- *You get the whole pool to yourselves
- *Lifejackets are provided to those in need. There is A deep end swim test.

*PERMITTED: food & drinks...BUT NO GLASSWARE
 *NOT PERMITTED: alcohol, smoking/vaping, or drugs

Boat N Sport B-Day Boating Party: 3hr \$450 up to 6 people

- *includes provided & required driver + available options: water skiing, towables:/tubing, swimming, fishing, relaxing, sight seeing, picnicking
- * must wear lifejackets in boat & footwear when necessary

Pool + Boating Party:

Starting @ 4hr for \$595 Save \$100

Open Swims 1hr \$20 ← REGISTER SOON!! → Pack The Pool 5:30-10:00

- *Swimmers receive help for first part & free time for the second part
- * Pre-Registration & Min of 5 Swimmers Required

Pre-Registered Highly Recommend

# children	1	2	3	+ extra
Price	\$35	\$55	\$65	\$10

* Same Day Registration: +\$10 & Min of 6 Swimmers Required

OPEN SWIM SCHEDULE - *Must Pre-Register*			PACK THE POOL SCHEDULE		
SESSION	DATES	TIMES	SESSION	DATES	TIMES
3	Thursday 6-6-24	6:30-7:30pm	4	Friday 6-14-24	5:30-10:00PM
4A	Friday 6-14-24	6:30-7:30pm	5	Friday 7-5-24	5:30-10:00PM
4B	Thursday 6-20-24	6:30-7:30pm	8	Friday 8-9-24	5:30-10:00PM
5A	Friday 6-28-24	6:30-7:30pm	11	Friday 9-13-24	5:30-10:00PM
5B	Friday 7-5-24	6:30-7:30pm			
6A	Friday 7-12-24	6:30-7:30pm			
6B	Wednesday 7-17-24	6:30-7:30pm			
7	Wednesday 7-24-24	6:30-7:30pm			
8	Friday 8-9-24	6:30-7:30pm			
9A	Friday 8-16-24	6:30-7:30pm			
9B	Thursday 8-22-24	6:30-7:30pm			
10	Wednesday 8-28-24	6:30-7:30pm			



KICKS N FLIPS
 SWIM SCHOOL
 Plymouth, Wyoming
 TEXT to 651-303-0087
www.kicksnflips.net

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 weather info, class/event cancellations, open swims, pack the pools, birthdays, safety course, etc!