

2025



2025

KICKS N FLIPS SWIM SCHOOL @ Wyoming, MN



30 years experience



Contact Information

Kicks N Flips Swim School

Kristin Johnson

26225 Glen Oak Dr.

Wyoming MN 55092

**LOVE
TEXTS!**

kristin@kicksnflips.net

kristin72477@hotmail.com

****651-303-0087****

www.kicksnflips.net

Pool Information

depth: 3.0 – 10 ft, inground, heated to 87F

dimensions: 21- X 48 ft

equipment: 3 slides, diving board, tables, chairs,
2 changing rooms, 2 restrooms, huge playground
w/slides, swings, sandbox, & many toys

Due to my driving & teaching with 2 locations schedule, & for a written record, PLEASE TXT, EMAIL, OR FB w/questions

LESSON & PRICE INFORMATION

Kicks N Flips is proud to offer a unique & accelerated learn to swim program that focuses on results! After level 2, students learn one new stroke per level while doubling their swim distance, resulting in less confusion and faster progression. We concentrate on safety, technique, and endurance in a smaller, fun, environment to get people swimming quickly and correctly. The pool is warm, & we're looking forward to meeting you! Join the Kicks N Flips Family!

ELECTRONIC PAYMENT OPTION IS HERE!: You can pay electronically via Cash App for FREE & first time users could receive \$5! All you have to do is download it & it takes just a few min. It looks like this. Register for classes, private lessons, &/or events first, then we'll txt the invite for cash app. You can link to your bank account, debit, or credit card. You can also pay with cash or check if you prefer. **REGISTER ONLINE @**

<https://forms.gle/HgEXDYcYj2UD9Rw7A> or print the forms on pages 6-7 & snail mail them with payment to: KNF

26225 Glen Oak Dr. Wyoming MN 55092 ***Payment/arrangements must accompany registration to hold a spot in class.***

FIRST TIME USERS: ASK FOR AN INVITE FROM US TO INSTALL CASH APP SO YOU CAN EARN \$5

Classes and Events

Price-Includes All Listed Days

Yearly Registration Fee	\$40 / family, covers all KNF activities for 1 year at any location				
Parent-Tot & Level 1 (5 days)	\$120 / session (5 30 min classes)				
Level 1.5 (5 days)	\$130 / session (5 40 min classes)				
Levels 2-Advanced Swim (5 days)	\$155 / session (5 60 min classes)				
Swim Team Prep (STP) (5 days)	\$165 / session (5 70 min classes)				
Private lessons : Semi Private Lessons (per person)	\$60/30min \$90/45min \$120/60min : \$40/30min \$60/45min \$80/90min				
Mini Clinic: Focus on tough skills & bring a friend	\$45 / session (2 60 min classes)				
Swim Skills Clinic: Work on/Learn skills of choice	\$65 / session (3 60 min classes)				
Open Swim: Supervised, 30 min practice time & 30 min free time	\$20 / swimmer *Registration Required schedule on page 5				
Pack the Pool: Supervised swimming & playground fun, dinner, & movie (bring towel, goggles, street clothes, shoes, pillow, & blanket)	Pre-registered, Same Family schedule on page 5				5:30-10pm
	# children	1	2	3	+ additional
	cost	\$35	\$55	\$65	+ \$10
Same day registration: Add \$10					
Birthday Parties/Rentals: Pool or Boating w/towables or fishing	Pool: \$250/2 hrs/25 swimmers Boat: \$450/3 hrs/6 riders				
Pool + Boating for exhaustive day full of fun in water *save\$100	Pool+Boat: \$595/4hrs *see event description for details*				

Family Discount: Enroll 3 or more immediate family members in swim lessons and receive **10% off!!**

Referral Discount: Recommend KNF to a new family? Have them return the "Spread the Word" card with their registration form and you receive **\$5.00 per recommendation** towards the next session or (2025) season. **No Limit!** Please let me know to expect their registration, so I can be on the lookout. **This card must be filled out to receive the discount!**

Inclement Weather Policy & Class Cancellations: With the exception of parent-tot classes, there will always be class the first bad weather day of the session. We will be doing indoor safety activities but bring swim gear just in case. Canceled classes will be made up at a later date. Your child can make up missed class(s) in another class, preferably during the same session, but the next session is also an option. We will work with you! **Classes with low enrollment may be combined or cancelled.**

Day Care/Group Classes: Looking for summer activities for your **day care or Mom/Dad group**? We can set classes up especially for you & everyone looks forward to the **pool party** at the end of the session!

Birthday Party Coupon: We are celebrating everyone's birthday this year and gifting you **10% off** coupon for any birthday party @ KNF!!

TXT TO: 651-303-0087

kristin@kicksnflips.net

www.kicksnflips.net

Kicks N Flips Inc. 2025

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2025 Kicks N Flips Announcements-Wyoming

SWIM SEASON STARTS MAY 1, 2024 Spring is already here...Yay!! To celebrate, we are opening early 😊

VIRTUALS & SWIM KITS COMING SOON! You've asked and we're answering!! I'm creating swim instruction videos to help you help ANYONE, in their KNF LTS (*Learn To Swim*) journey. To be clear, these aren't meant to replace swimming lessons, but to aid in the LTS process at home with adult &/or lifeguard supervision. Videos will include our unique KNF methods, skills, and drills that we teach in person. The video aids will be helpful even if you don't have a pool because many of our methods for Parent-Tot – Level 1/1.5 can actually be done in a bath tub, pools (blow up, above, &/or inground), lakes, & possibly hot tubs too (depending on chemical load). We DO NOT recommend rivers (lazy or not) or lake water deeper than 3 feet. 😊 For levels 2-3, the swimmer will need to be able to practice their "in-water" swimming skills for at least 10 feet at a time, but there will be plenty of dry land and "damp" (*utilizes a cup/bowl/bucket/pail of water &/or a bath tub*) video aids in order to help with body positioning, coordination, strength, & endurance! For levels 4-6, Adv Swim, STP (*Swim Team Prep*), & Swim Team swimmers, we recommend at least 15 feet of swim space to practice their strokes...so larger pools & lakes for those. If they can travel for 3-4 strokes before hitting a wall/the end, that is fine because shorter distances are better while learning the strokes in order to reduce technique errors. There will be dry land & damp skills/drills for each level. Swimmers who are in Parent-Tot as well as level 1, 1.5, & 2, should be practicing in water they can comfortably touch the bottom in. A large part of **level 3 is deep end acclimation. Do not try this on your own!** This needs to be accomplished during swim lessons by a trained teacher that the swimmer trusts. **We can also create a Virtual Program specific for your competitive swimmer.** We'll just need 10-20second clips of them swimming to get this going & this can be done during their competitive swim season too! There's a good chance I'll need some volunteer swimming kids to help create the videos and to train instructors. I'll be super grateful for borrowing your kids/you, so look for the "**Loan Me Your Swimmer**" program & info on FB & the website!

SWIM PRACTICE KITS We've put together a kit containing necessary items special to KNF LTS program. There will be 3 SWIM KITS available: "**Littles**" for Parent-Tot & levels 1, 1.5, 2... "**Bigs**" for levels 3, 4, 5, 6... "**Advanced**" for Adv Swim, STP, & Swim Team swimmers. If you use the Virtuals, then you definitely need a swim kit to go with them! They are meant to go together for a fantastic experience. You won't be disappointed! They can be used during swim lessons @KNF too!

BIRTHDAY PARTY COUPON Did you know we host birthday parties here at the Wyoming location? They are supervised, super fun, & can accommodate 25 swimmers! We are celebrating everyone's birthday this year and gift you a SPECIAL **10% off** coupon to use towards your birthday party! We work with your schedule & there's a full refund or reschedule if there is inclement weather 😊 Contact us to reserve your super fun birthday party event!

Kids' Safety Course: We plan 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. In this day and age & with crime on the rise, it is imperative that we teach our kids how to be safer in this world. I'm hoping to team up with local experts like police and firefighters in this endeavor. Stay tuned for the upcoming date(s) & information.

COMMUNITY CONNECTIONS & COOPERATION KNF is also trying to establish & expand our community connections & outreach with local businesses & other groups in order to benefit everyone involved. If you are part of these groups or a local business who would like to work on teaming up together, please send an email to me. Some ideas are: cross advertising, coupon exchanges, shout outs, community pages on websites that include each other's businesses/groups/etc., sponsorships, scholarships, & community outreach to help those in need. Also, I would like to start a "Wishing Tree" to help those in need over the holidays. Basically, members of the community would grant the wishes of other community members who are in need of help...like toys, books & clothes for their kids/families, abuse victims, paying bills, warm clothing, meals, holiday visits, etc. Please let me know if you would like to help out in some way, I know I'll definitely need some.

PARADES We plan on entering a KNF float into the FLAKE 4th of July parade & Stagecoach Days in Wyoming during the fall. Our float is AWESOME, full of water & fun for everyone! We need kids to bring along on the rides. They have a lot of fun and have said that it's "The Most Fun" of any other group they've been involved with. PLEASE have your kids join us for these and be ready for memories! We do ask for some parent volunteers to help out too 😊

OPEN SWIM & PACK THE POOL We are bringing these fan favorites back! Open Swims are 1 hour where half of the time we help the kids with their skills & the other half is free time! It's additional practice & play time! Or, you can go out and have some "kidless" fun while your kids have a blast @ Pack The Pool! It is 4.5 hours of swimming, playing, dinner, & movie. Kids go home smiling, tired, and full of memories! Check out the schedules & register for them soon!

ANYTHING ELSE? Please let us know if you have any other questions (txt, email, or fb is the best)! Follow us on Socials for the most up to date information and keep a look out for some exciting upcoming opportunities & events! Stay safe and see you this spring, summer, & fall!

Happy Swimming!
Kristin



Session	Month	Dates	Level 1.5 is 40 min	CLASS TIMES Start - End	Program DETAILS
					KNF DETAILS
1	May	13,14,15,19,20 (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	*Annual Registration Fee Per Family: \$40
2	May-June	28,29,2,3,4 (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	CLASS INFO *All levels attend all 5 days *Price includes all listed days * Price & Duration of Instruction Each Day
3	June	10,11,12,17,18 (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	LEVELS PRICES PT,1 \$120 1.5 \$130 2,3,4,5,6 \$155 Adv Swim \$155 STP \$165
4	June-July	24,25,26,30,1 (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	LEVELS MINUTES PT,1 30 1.5 40 2,3,4,5,6 60 Adv Swim 60 STP 70
5	July	7,8,9,14,15 (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	*Private Lesson Price \$ \$60,\$90,\$120 Time: (min) 30,45,60
6	July	17,18,21,22,23 (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	*Semi- Private Price \$ \$40,\$60,\$80 Time: (min) 30,45,60 *Per Person
7 7A 7B	August Mini Clinics	5,6,7,11,12 (T,W,Th,M,T) 5&7 (T&Th) *practice trouble 5&7 (T&Th) bring a friend	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 skills & Mini Clinic: 3,4,5,6 for1day Mini Clinic: 1,1.5,2	9:30-10:00am 10:10-11:10am 11:20-12:20pm 2:30-3:30pm 3:30-4:30pm 4:30-5:00pm 5:00-6:00pm 6:00-7:00pm	*MINUTES (min) & PRICES (\$) are color coded for private/semi- private lessons
8	August	13,14,18,19,20 (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	CLINIC INFO * Mini Clinic-2day 60 min, \$45 *Skills Clinic-3day 60 min, \$65
9A 9B	August Skills Clinics	25,26,27 (M,T,W) 25,26,27 (M,T,W)	Parent-Tot,1,1.5,2 3,4,5,6,Adv Swim, STP	11:45-12:45pm 12:45-1:45pm	
10	Sept	9,10,11,16,17 (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	B-DAY PARTIES *10% OFF!!
11	Sept-Oct	23,24,25,30,1 (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	

2025 Kicks N Flips Swim Lesson **EVENING** Schedule May-Oct - Wyoming (updated 3-9-25)

<u>Session</u>	<u>Month</u>	<u>Dates</u>	<u>Level</u> <i>1.5 is 40 min</i>	<u>CLASS TIMES</u> <u>Start - End</u>	<u>Program</u> <u>DETAILS</u>
					(See Other Side of This Sheet)
1	May	13,14,15,19,20 (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	
2	May-June	28,29,2,3,4 (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	
3	June	10,11,12,17,18 (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	
5	July	7,8,9,14,15 (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	
7	August	5,6,7,11,12 (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	
7A 7B	Mini Clinics	5 & 7 (T&Th) *practice trouble 5 & 7 (T&Th) bring a friend	skills & Mini Clinic: 3,4,5,6 for1day Mini Clinic: 1,1.5,2	5:00-6:00pm 6:00-7:00pm	
8	August	13,14,18,19,20 (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	
9C 9D 9E	August Skills Clinics	25,26,27 (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	
10	Sept	9,10,11,16,17 (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	
11	Sept-Oct	23,24,25,30,1 (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 mi
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 10% off coupon & reserve your birthday party soon for 2025!!

2025 Kicks N Flips Swim School Registration Forms – Wyoming, MN

Parent's Name _____ Parent's Signature _____
Address _____ cash check ☐
Cell Phone _____ Home Phone _____ hold check ☐
Emergency contact _____ Emergency Phone _____
Email Address _____ **Remember the Registration Fee of 40?**

I have read and understand the refund & waiver policies. **Signature** _____

Swimmer/Child's Name _____ **Age** _____ **DOB** _____
Relevant medical information _____
Swimming Lessons (write in / circle / place "X" in choices)
Session: _____ Time _____ Level: Parent-tot 1 1.5 2 3 4 5 6 Adv Swim STP Private/Semi-Private
Clinics/Courses (write in session #) Mini Clinic _____ Skills Clinic _____ **Kid's Safety Course** _____
Virtuals (write in level) _____ **Swim Kits** (write in amount #) Littles _____ Bigs _____ Advanced _____
(write in session #s) **Open Swims** _____ **Pack The Pools** _____ **B-Day** (type) _____ **Sub Total:** _____

Swimmer/Child's Name _____ **Age** _____ **DOB** _____
Relevant medical information _____
Swimming Lessons (write in / circle / place "X" in choices)
Session: _____ Time _____ Level: Parent-tot 1 1.5 2 3 4 5 6 Adv Swim STP Private choices /Semi-Private
Clinics/Courses (write in session #) Mini Clinic _____ Skills Clinic _____ **Kid's Safety Course** _____
Virtuals (write in level) _____ **Swim Kits** (write in amount #) Littles _____ Bigs _____ Advanced _____
(write in session #s) **Open Swims** _____ **Pack The Pools** _____ **B-Day** (type) _____ **Sub Total:** _____

Swimmer/Child's Name _____ **Age** _____ **DOB** _____
Relevant medical information _____
Swimming Lessons (write in / circle / place "X" in choices)
Session: _____ Time _____ Level: Parent-tot 1 1.5 2 3 4 5 6 Adv Swim STP Private/Semi-Private
Clinics/Courses (write in session #) Mini Clinic _____ Skills Clinic _____ **Kid's Safety Course** _____
Virtuals (write in level) _____ **Swim Kits** (write in amount #) Littles _____ Bigs _____ Advanced _____
(write in session #s) **Open Swims** _____ **Pack The Pools** _____ **B-Day** (type) _____ **Sub Total:** _____

Swimmer/Child's Name _____ **Age** _____ **DOB** _____
Relevant medical information _____
Swimming Lessons (write in / circle / place "X" in choices)
Session: _____ Time _____ Level: Parent-tot 1 1.5 2 3 4 5 6 Adv Swim STP Private/Smi-Privat
Clinics/Courses (write in session #) Mini Clinic _____ Skills Clinic _____ **Kid's Safety Course** _____
Virtuals (write in level) _____ **Swim Kits** (write in amount #) Littles _____ Bigs _____ Advanced _____
(write in session #s) **Open Swims** _____ **Pack The Pools** _____ **B-Day** (type) _____ **Sub Total:** _____

Discounts & Coupons? (Place "X" or number after choice(s) that apply)
\$5/person Referral Discount _____ \$10 off Know Your Neighborhood Coupon _____ 10% Family Discount _____ Other _____
Total Discounts & Coupons (write in \$ amounts) \$ _____ % _____
Amounts (\$)
\$ _____ (swim lessons) + \$ _____ (camp/clinic/course/event) + \$ _____ (events) - \$ _____ (coups/disc)] ***.10** (Fam Discount if
[applicable) + \$40 = \$ _____ **(TOTAL(including reg fee))** \$ _____ **check #** _____ **or** **cash (place "X")**

SPREAD THE WORD CARD

Referred us to KNF. please remember their discount.

KNF Minors/Participant Waiver/Release

READ BEFORE SIGNING RELEASE OF LIABILITY FOR MINORS/PARTICIPANTS

← (Insert Participant(s)' Name(s) in space)

IN CONSIDERATION OF _____, myself/my child/ren/ward/family member, being allowed to participate in any way in classes, related/hosted events, and activities. Kicks N Flips Swim School (known as KNF) of Wyoming MN, Plymouth MN, Plymouth Creek Athletic Club of Plymouth MN, & any other on site/satellite locations (swimming pools, water parks, lakes, VIRTUAL) in other cities in MN and WI. The undersigned acknowledges, appreciates, and agrees that: .

1. The risk of injury to myself/my child/ward/family member from the activities involved in these programs can be/is significant, including the potential for permanent disability and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I FOR MYSELF, SPOUSE, AND CHILD/WARD/FAMILY MEMBER, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for mine/my own/child/ward/family member's participation; and,
3. I willingly agree to comply with the program's stated and customary terms and conditions for participation. If I observe any unusual significant concern in mine/my own/my child/ward/family member's readiness for participation and/or in the program itself, I will remove myself/my child/ward from the participation and bring such attention of the nearest official immediately; and,
4. I for myself, my spouse, my child/ward/family member, and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS Kicks N Flips Swim School of Wyoming MN, Plymouth MN, Ex: its directors, officers, officials, agents, employees, volunteers, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property incident to myself/my child/ward's involvement or participation in these programs, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.
5. I, for myself, my spouse, my child's/ward/family member, and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY INDEMNIFY AND HOLD HARMLESS all the above Releasees from any and all liabilities incident to myself/my child's/ward/family member's involvement or participation in these programs, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent permitted by law.
6. I, for myself, my spouse, my child's/rens/ward/family member, and on behalf of my/our heirs, assigns, personal representatives and next of kin, understand the risk of illness to myself/my child/ward from the COVID-19 virus that may be present, despite Kicks N Flips, their owners, representatives, and their employees, disinfecting and having Safety Protocols in place. I understand there is a potential for permanent disability and death, and while particular rules, clean equipment, social distancing, and personal discipline may reduce this risk, the risk of serious illness does exist; I have read the COVID-19 Safety Protocols and agree to adhere to them.
7. I, for myself, my spouse, my child's/rens/ward/family member, and on behalf of my/our heirs, assigns, personal representatives and next of kin, understand the risk of using the Virtuals without a KNF swim instructor present. I understand that all of the items in the KNF Swim Kits are NOT lifesaving equipment and should only be used with a competent adult/lifeguard/KNF swim instructor present. I understand there is a potential for permanent disability and death, and while particular rules and program guidelines may reduce this risk, the risk of serious injury and/or death does exist. I am aware of the safety protocols and agree to adhere to them.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND & AGREE TO ITS TERMS, & UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Parent/Guardian/Participant Signature _____ Date _____

2025 REFUND POLICY: Sign to indicate understanding & agreement

Prior to the class start date, a two-week notice of cancellation is required for a full refund and a one-week notice is required for a 50% refund. No refund will be given for cancellation inside of the one-week time frame and once class has started.

Parent/Guardian/Participant Signature _____ Date _____

2025 CHILD PHOTO & VIDEO POLICY:

Kicks N Flips Inc. has a Facebook page and a website that is used as a business page only that is monitored. We will post current and past events as well as news for all levels, events, and activities. We will include pictures; note that care is taken to ensure that your child(ren) and the environment of all Kicks N Flips locations are appropriately displayed. These images/footage are for marketing purposes, training guidelines for teachers and athletes as well as recognition purposes for newspapers, displays on a bulletin boards, computer presentations, on the Kicks N Flips Inc. Social Media, &/or for security measures. Please sign and date the appropriate choice below. Except for the video security, you may opt out of photos or videos taken of your child for the above mentioned purposes at anytime.,

☐ I will allow my child/myself to be photographed or videoed for the above mentioned purposes by Kicks N Flips Inc. personnel.

☐ I will not allow my child/myself to be photographed or videoed for the above mentioned purposes by Kicks N Flips Inc. personnel.

Parent/Guardian/Participant Signature _____ Date _____