

2025



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KICKS N FLIPS SWIM SCHOOL @ Wyoming, MN


30 years experience


Contact Information

Kicks N Flips Swim School

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

Wyoming MN 55092

TEXTS!
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!!

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

