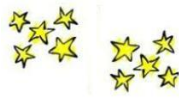


2023



2023

# KICKS N FLIPS SWIM SCHOOL @ Wyoming, MN!!!!

\*\*\*\*25+ years experience\*\*\*\*

Contact Information		Pool Information
Kicks N Flips Swim School Kristin Johnson 26225 Glen Oak Dr. Wyoming MN 55092	kristin@kicksnflips.net kristin72477@hotmail.com LOVE TEXTS! <b>**651-303-0087**</b> www.kicksnflips.net	depth: 3.0 –10 ft, inground, heated to 87F dimensions: 21- X 48 ft equipment: 3 slides, diving board, huge play area, tables & chairs, 2 changing rooms, 2 restrooms

**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, and 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 earn \$5! All you have to do is download it. It looks like this, and is available for iphone and android. Register for classes &/or private lessons first, then I'll send you the invite for cash app which then has directions to follow for download which takes just a few min. You can link it to your bank account, debit, or credit card. You can also pay with cash or check if you prefer. You can **REGISTER ONLINE @:** <http://goo.gl/forms/aBjPue359d> or on page 3-4, then snail mail the form with your payment to me at: KNF 26225 Glen Oak Dr. Wyoming MN 55092. \*Payment must accompany registration to hold a spot in class.\*

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

<i>Classes and Events</i>	<i>Price-Includes All Listed Days</i>										
<b>**Yearly Family Registration Fee**</b>	<b>\$35/ family</b> (covers all KNF activities for 1 year at any location )										
Parent-Tot & Level 1 (5 days)	\$105 / session (5 30 min classes)										
Level 1.5 (5 days)	\$115 / session (5 40 min classes)										
Levels 2-Advanced Swim (5 days)	\$140 / session (5 60 min classes)										
Swim Team Prep (STP) (5 days)	\$150 / 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 the tough skills and bring a friend	\$60 / session (2 60 min classes)										
Swim Skills Clinic: Work on/Learn skills want to learn	\$90 / session (3 60 min classes)										
Open Swim: Supervised, 30 min practice time & 30 min free time	\$20 / swimmer (schedule TBD)										
Pack the Pool: Supervised swimming, fun, games, floatables, dinner, & movie (bring towel, street clothes, shoes, pillow, and a blanket)	<b>Pre-registered, Same Family (schedule TBD)</b> <table border="1"> <tr> <td># children</td> <td>1</td> <td>2</td> <td>3</td> <td>+ additional</td> </tr> <tr> <td>cost</td> <td>\$35</td> <td>\$55</td> <td>\$65</td> <td>+ \$10</td> </tr> </table> <b>Same day registration: Add \$10</b>	# children	1	2	3	+ additional	cost	\$35	\$55	\$65	+ \$10
# children	1	2	3	+ additional							
cost	\$35	\$55	\$65	+ \$10							
<b>Birthday Parties/Rentals: Pool or Boating</b> w/towables/fishing/+more <b>Pool + Boating</b> for exhaustive day full of fun in water +save\$100	<b>Pool:</b> \$245/2 hrs/25 swimmers <b>Boat:</b> \$450/3 hrs/6-7 riders <b>Pool+Boat:</b> \$595/4hrs *see event description for details*										

**Family Discount:** Enroll 3 or more 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 (2024) 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:** Canceled classes will be made up at a later date. With the exception of parent-tot classes, there will always be class on the first bad weather day of the session. We will be doing indoor activities, but bring swim suit just in case. Missed Lessons?? Your child can make it up in another class, preferably during the same session, but the next session is also an option. **Classes with low enrollment may be combined or cancelled.**

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

**COVID-19 INFO:** See page 3

**2023 Kicks N Flips Swim Lesson DAY TIME Schedule-Wyoming** (updated 4-28-23)

Session	Month	Dates	Level	WEEKDAY Class Times		
				Start - End/STP ends@		
1 1 1 1	May-June (rain, shine)	31,1,5,6,7 31,1,5,6,7 31,1,5,6,7 31,1,5,6,7	(W,Th,M,T,W) (W,Th,M,T,W) (W,Th,M,T,W) (W,Th,M,T,W)	Parent-Tot, 1^, 1.5++, 2*** 3,4,5,6,Adv Swm, STP Parent-Tot, 1^, 1.5++, 2*** 3,4,5,6	12:30-1:30pm 4:30-5:30/5:40pm 5:30-6:30pm 6:15-7:15pm	<b>KNF DETAILS</b> *All levels attend all 5 days *Duration of Instruction Each Day & Price. (price includes all listed days)
2 2 2 2 2	June	13,14,15,20,21 13,14,15,20,21 13,14,15,20,21 13,14,15,20,21 13,14,15,20,21	(T,W,Th,T,W) (T,W,Th,T,W) (T,W,Th,T,W) (T,W,Th,T,W) (T,W,Th,T,W)	6, Adv Swim, STP 3,4,5 Parent-Tot,1^,1.5++,2*** Parent-Tot,1^,1.5++,2*** 3,4,5,6	9:30-10:30/10:40am 10:40-11:40am 11:50-12:50pm 2:40-3:40pm 3:50-4:50pm	<b>Annual Registration Fee Per Family: \$35</b>
3 3 3 3 3	June-July	26,27,28,5,6 26,27,28,5,6 26,27,28,5,6 26,27,28,5,6 26,27,28,5,6	(M,T,W,W,Th) (M,T,W,W,Th) (M,T,W,W,Th) (M,T,W,W,Th) (M,T,W,W,Th)	3,4,5 Parent-Tot, 1^, 1.5++, 2 *** 6, Adv Swim, STP (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	<b>CLASSES / MINUTES EVENTS / PRICES OFFERINGS \$</b>
4 4 4 4 4 4	July	10,11,12,17,18 10,11,12,17,18 10,11,12,17,18 10,11,12,17,18 10,11,12,17,18 10,11,12,17,18	(M,T,W,M,T) (M,T,W,M,T) (M,T,W,M,T) (M,T,W,M,T) (M,T,W,M,T) (M,T,W,M,T)	1^, 1.5++ , 2*** 3,4,5, 6, Adv Swim, STP (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	<b>PRIVATE LESSONS INFO</b> Private Lesson Price \$: <b>\$60,\$90,\$120</b> Time: <b>30,45,60 (min)</b> Semi-Private Price \$: <b>\$40,\$60,\$80</b>
5 5 5 5 5 5	July	20,21,24,25,26 20,21,24,25,26 20,21,24,25,26 20,21,24,25,26 20,21,24,25,26 20,21,24,25,26	(Th,F,M,T,W) (Th,F,M,T,W) (Th,F,M,T,W) (Th,F,M,T,W) (Th,F,M,T,W) (Th,F,M,T,W)	6, Adv Swim, STP (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	Time: <b>30,45,60 (min)</b> *Per Person *MINUTES (min) & PRICES (\$) are color coded for private/semi-private lessons
6 6 6 6 6 6	August	8,9,10,14,15 8,9,10,14,15 8,9,10,14,15 8,9,10,14,15 8,9,10,14,15 8,9,10,14,15	(T,W,Th,M,T) (T,W,Th,M,T) (T,W,Th,M,T) (T,W,Th,M,T) (T,W,Th,M,T) (T,W,Th,M,T)	Parent-tot,1^ 1.5++, 2*** 3,4,5,6,Adv Swm, STP 3,4,5,6,Adv Swm, STP 1.5++,2*** Parent-tot,1^	9:30-10:00am 10:10-11:10am 11:20-12:20/12:30pm 2:30-3:30/3:40pm 3:30-4:30pm 4:30-5:00pm	<b>CLINIC INFO</b> Mini Clinic-2day 60min, \$60 Skills Clinic-3day 60 min,\$90 <b>CLASS INFO LEVELS PRICES</b>
6A 6B		8 & 10 (T&Th) 8 & 10 (T&Th)	*practice trouble bring a friend	skills & for 1 day Mini Clinic: Level 3,4,5,6 Mini Clinic: Level 1,1.5,2	5:00-6:00pm 6:00-7:00pm	PT,1 \$105 1.5 \$115
7 7 7 7 7 7	August	16,17,21,22,23 16,17,21,22,23 16,17,21,22,23 16,17,21,22,23 16,17,21,22,23 16,17,21,22,23	(W,Th,M,T,W) (W,Th,M,T,W) (W,Th,M,T,W) (W,Th,M,T,W) (W,Th,M,T,W) (W,Th,M,T,W)	3,4,5,6,Adv Swm, STP Parent-tot, 1^,1.5++,2*** 3,4,5,6,Adv Swm, STP 1^, 1.5++, 2 *** Parent-tot, 1^,1.5++,2*** 3,4,5,6,Adv Swm, STP	9:30-10:30/10:40am 10:40-11:40am 11:50-12:50/1:00pm 1:00-2:00pm 2:30-3:30pm 3:30-4:30/4:40pm	2,3,4,5,6 \$140 Adv Swm \$140 STP \$150
8A 8B 8C 8E 8D	August Clinics	29, 30,31 29, 30,31 29, 30,31 29, 30,31	(T,W,Th) (T,W,Th) (T,W,Th) (T,W,Th)	Parent-Tot, 1^, 1.5++, 2*** 3,4,5,6,Adv Swm, STP 3,4,5,6,Adv Swm, STP Parent-Tot, 1^, 1.5++, 2***	11:45-12:45pm 12:45-1:45pm 4:30-5:30, 6:15-7:15 5:30-6:30pm	
	Sept-Oct	<b>WATCH FOR FALL TERM CLASSES THROUGH THE MONTH OF SEPT-OCT!!!</b>				

**Instruction Time During Levels PT,1,1.5,2 (5 day sessions),** PT & lvl 1 = 30 min, lvl 1.5 = 40 & lvl 2s = 60 min.  
**STP = Swim Team Prep**  
**Other Events & New Offerings Coming This Summer!!!: (See Page 3 & Events & Offerings schedules for details)**  
 -Kids' Safety Course & provided driver    -Virtual Teaching Options    -Pool Party    -Pool Rental    -Boating Party    -Boating Rental w/required  
 & provided driver    -Pool+Boating Party w/required & provided driver (save \$100!)

# 2023 Kicks N Flips Swim Lesson *EVENING TIME* Schedule-*Wyoming* (updated 4-28-23)

Session	Month	Dates	Level	Weekdays: <i>CLASS TIMES</i> Start - End /STP ends@
1	May-June	31,1,5,6,7 (W,Th,M,T,W) 31,1,5,6,7 (W,Th,M,T,W) 31,1,5,6,7 (W,Th,M,T,W) 31,1,5,6,7 (W,Th,M,T,W)	Parent-Tot, 1^, 1.5++, 2*** 3,4,5,6,Adv Swm, STP Parent-Tot,1^, 1.5++, 2*** 3,4,5,6	12:30-1:30pm 4:30-5:30/ <b>5:40pm</b> 5:30-6:30pm 6:15-7:15pm
2	June	13,14,15,20,21 (T,W,Th,T,W) 13,14,15,20,21 (T,W,Th,T,W) 13,14,15,20,21 (T,W,Th,T,W)	3,4,5,6, Adv Swm, STP Parent-Tot,1^,1.5++,2*** 3,4,5,6	4:45-5:45/ <b>5:55pm</b> 5:45-6:45pm 6:30-7:30pm
4	July	10,11,12,17,18 (M,T,W,M,T) 10,11,12,17,18 (M,T,W,M,T) 10,11,12,17,18 (M,T,W,M,T)	3,4,5,6, Adv Swm, STP Parent-Tot,1^,1.5++,2*** 3,4,5,6	5:00-6:00/ <b>6:10pm</b> 6:00-7:00pm 6:45pm-7:45pm
6	August	8,9,10,14,15 (T,W,Th,M,T) 8,9,10,14,15 (T,W,Th,M,T) 8,9,10,14,15 (T,W,Th,M,T)	3,4,5,6, Adv Swm, STP Parent-Tot,1^,1.5++,2*** 3,4,5,6	5:00-6:00/ <b>6:10pm</b> 6:00-7:00pm 6:45pm-7:45pm
6A 6B	Mini Clinics	8 & 10 (T&Th) *practice trouble skills & 8 & 10 (T&Th) bring a friend for1day	Mini Clinic: 3,4,5,6 Mini Clinic: 1,1.5,2	5:00-6:00pm 6:00-7:00pm
7	August	16,17,21,22,23 (W,Th,M,T,W) 16,17,21,22,23 (W,Th,M,T,W) 16,17,21,22,23 (W,Th,M,T,W)	3,4,5,6,Adv Swim, STP Parent-tot, 1^,1.5++,.2*** 3,4,5,6	4:30-5:30/ <b>5:40pm</b> 5:30-6:30pm 6:15-7:15pm
8A 8B 8C 8D 8E	August Skills Clinics	29,30,31 (T,W,Th) 29,30,31 (T,W,Th) 29,30,31 (T,W,Th) 29,30,31 (T,W,Th) 29,30,31 (T,W,Th)	Parent-Tot, 1^, 1.5++, 2*** 3,4,5,6,Adv Swim, STP 3,4,5,6,Adv Swim, STP Parent-Tot, 1^,1.5++, 2*** 3,4,5,6,Adv Swim, STP	11:45-12:45pm 12:45-1:45pm 4:30-5:30pm 5:30-6:30pm 6:15-7:15pm

## PLANNED, UPCOMING, & IN-THE-WORKS KNF ADDITIONS

### **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: Contact for info**

Swim Team Coach or Assistant Coach: 6-12grd

Little Help – Full Lesson: Parent-Tot-STP

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

### **Boat N Sport B-Day Boating Party: 3hr \$450 up to 6/7 people**

\*Supervised time in the pool & on the playground + a helpful attendant to assist in running the party!

\*includes provided & required driver + available options:

\*You get the whole pool to yourselves

towables:/tubing, water skiing, swimming, fishing, relaxing, sight seeing, picnicking

\*Lifejackets are provided to those who need them.

\*in boat: must wear lifejackets & footwear.

There is A deep end swim test

\*You can bring food & drinks...BUT NO GLASSWARE

\*You can bring food & drinks BUT NO GLASSWARE

\*NO alcohol, smoking/vaping, or drugs

\*NO alcohol, smoking/vaping, or drugs

### **Pool + Boating Party: Starting @ 4hr for \$595 Save \$100!!!**

### **Open Swims 1hr \$20 ← Schedules TBA → Pack The Pool 4hrs**

\*Swimmers receive help for first part & free time for the second part

Pre-Registered

\* Same Day Registration: +\$10

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

**CLASSES** are typically team taught by myself, my sons Blake and Devin who are both college students, my daughter Hartlynn, & a couple other hand selected workers. They will all be teaching the Kicks N Flips Learn to Swim program of course, have all swam through & graduated the KNF program, been trained to teach it and have experience doing so. Blake, Devin, & Hartlynn have been working with me, taught many classes by themselves, & have had many great reviews by parents and students!

**COVID-19 NEWS:** ● I realize many of you may still worry & wonder about how swim lessons will be possible during this time. I want to assure you that I have done my research on how to safely conduct the KNF Learn To Swim program this summer. Additionally, I have an extensive background in molecular cellular biology and genetics and worked in a pharmacology lab where I was a research technician and was responsible for running the lab without contamination. I have instilled many safety procedures to help prevent the spread of the COVID-19 virus, additional to the chlorine's ability to kill it, which is what happens in the pool. There is no evidence that this virus lives or spreads in the water AND, just to reiterate, the chlorine will kill it. Instructors may be teaching with masks on and possibly non-latex gloves as well. This is just a precaution and to make people feel better. There will be hand sanitization stations and disinfectant spray located throughout the pool & seating environment. There will be 6' distance markers around the pool deck. Lastly, kids may be practicing in a more organized fashion so they will be less likely to swim into each other in the pool. Payment via Cash App eliminates all possibility of contamination, but cash & check will still be accepted. These precautions will be implemented if needed, which I'm praying they aren't of course, or at least not all of them. We also want you to feel safe when bringing your family for swim lessons. We will do everything in our power to make you feel safe to do so.

**WHY KNF?** Lakes, rivers, pools, & water parks are opening up here in MN & surrounding states soon, 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 to turn on the tv, computer, phone, etc because it's always the first thing covered by the news, shared by friends & family, & is plastered all over social media. Due to these spring and summer drownings, 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 old 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 save themselves & be smart swimmers! Our Learn To Swim 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 6-7 years old, but kids are often achieving that by 5 years old, many even sooner!

**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 one of these groups or a local business who would like to work on teaming up together, please send an email to me. Some ideas could include: cross

Please let us know if you have any other questions (txt, email, or fb is the best)!  
Stay safe and see you this summer!  
Kristin

