

# Kicks N Flips Swim School Program Comparisons

To make the transition from other programs easier, Kicks N Flips has included the below comparison & flow charts.

	<i>Main Skills Emphasizes</i>		
<b>Level</b>	<b>Kicks N Flips Swim School (KNF)</b>	<b>Foss Swim School</b>	<b>Red Cross/YMCA</b>
<i>Parent-Tot</i>	blow bubbles, kick, front/back float, glide, submersion and become familiar with lifejackets <b>6 months-2.5/3 years</b> <b>Cost: \$65</b> (five 30 min classes, meets everyday consecutively)	water adjustment and comfort, back floating, light submersion  <b>6 months-3 years</b> <b>Cost: \$220</b> (eleven 30 min once/week classes)	water entry, holding breath, front kicking, back floating, underwater exploration <b>6 months- 5 years</b> <b>Cost: \$55</b> (six 30 min once/week classes)
<i>Foss: Littles</i>  <i>Red Cross: Preschool/ Turtles/Bobbers/ Little Swimmers</i>	Swimmers go directly to level 1 or 1.5 from parent-tot level  ALLOWS KIDS TO PROGRESS FASTER	Front glide kicking, back float/kicking...progressing to tickle-t-touch, underwater swim. 10-20 feet using devices until approx. <b>3-5 years</b> <b>Cost: \$220</b> (eleven 30 min once/week classes)	water entry, breath holding, front kicking, back floating, underwater exploration utilizes floatation devices <b>4-6 years</b> <b>Cost: \$55</b> (eight 30 min once/week classes)
<i>KNF: 1</i>  <i>Foss: Littles &amp; Middles 1 &amp; 2</i> <i>Red Cross: 1</i>	Submerge while blowing bubbles, independent front and back floats, glides, level off, kicking, side breathing, lifejackets introduced. <b>2.5-4 years</b> <b>Cost: \$65</b> (five 30 min classes span 1-2 weeks)	Front glide kicking, back float/kicking...progressing to tickle-t-touch, underwater swim. 10-20 feet. Program utilizes floatation devices until approx. 5 years old. <b>3-5 years</b> <b>Cost: \$240</b> (twelve 30 min once/week classes)	basic water safety skills, breath holding, floating and kicking with support. Program utilizes floatation devices. <b>6+ years</b> <b>Cost: \$60</b> (eight 40 min once/week classes)
<i>KNF: 1.5</i>	Submerge while blowing bubbles, independent front and back floats, glides, flutter kicks, tickle-t-touch 20 feet, rainbow arms 20 feet, side breathing proficiently Age: 3-4 years <b>Cost: \$70</b> (five 40 min classes span 1-2 weeks)		
<i>KNF: 2</i>  <i>Foss: Middle 3 Big 1</i>  <i>Red Cross: 2</i>	Submerge while blowing bubbles-5 seconds, front & back flutter kick, front & back crawl stroke with good form 20 feet, side breathing, no floatation devices <b>4-6 years</b> <b>Cost: \$95</b> (five 60 min or eight 40 min classes span 1-2 weeks)	Front crawl stroke with some side breathing & back crawl stroke for 30 feet, underwater swim <b>5-7 years-Middle, 7-13 years-Big</b> <b>Cost: \$240</b> (twelve 30 min once/week classes)	Arm and leg actions on the front and back and begin deep water swimming <b>6-12 years</b> <b>Cost: \$65-\$90</b> (eight 50 min once/week classes)
<i>KNF: 3</i>  <i>Foss: Middle 3 Big 1</i> <i>Red Cross: 3</i>	Front crawl stroke with rhythmic side breathing, back crawl stroke, elementary back stroke for 50 feet, intro to diving, treading water <b>4-7 years</b> <b>Cost: \$95</b> (same as above)	Front crawl stroke with rhythmic side breathing, back crawl stroke for 30 feet, underwater swimming. 5-7 years-Middle, 7-13 years-Big <b>Cost: \$240</b> (twelve 30 min once/week classes)	Front and back crawl stroke introduction for 15 feet. 6-12 years <b>Cost: \$65-\$90</b> (eight 50 min once/week classes)

<p><b>KNF: 4</b></p> <p><b>Foss:</b> <i>Middle 4</i> <i>Big 2-3</i></p> <p><b>Red Cross: 4</b></p>	<p>Front crawl stroke with rhythmic side breathing, back crawl stroke, elementary back stroke, breast stroke for 75 feet, diving, treading water, Smart Swimming, Safety <b>4-7 years</b> <b>Cost: \$95</b> (same as above)</p>	<p>Front crawl stroke with rhythmic side breathing, backstroke, breaststroke, butterfly for 40 feet. <b>5-7 years-Middle, 7-13 years-Big</b> <b>Cost: \$240</b> (twelve 30 min once/week classes)</p>	<p>Front &amp; back crawl stroke for 50 feet, elementary back stroke, kicks for breast stroke, sidestroke, dolphin kick. Pg 5 <b>6-12 years</b> <b>Cost: \$65-\$90</b> (eight 50 min once/week classes)</p>
<p><b>KNF: 5</b></p> <p><b>Foss:</b> <i>Middle 5</i> <i>Big 3-4</i></p> <p><b>Red Cross: 5</b></p>	<p>Front crawl stroke with rhythmic side breathing, back crawl stroke, elementary back stroke, breast stroke, &amp; side stroke for 150 feet (50 yards), diving, treading water, flip turns, Smart Swimming, Safety <b>5-8 years</b> <b>Cost: \$95</b> (same as above)</p>	<p>Front crawl stroke with rhythmic side breathing, backstroke, breaststroke, and butterfly for 75 feet in a swim team manner. <b>5-7 years-Middle, 7-13 years-Big</b> <b>Cost: \$240</b> (twelve 45 min once/week classes)</p>	<p>Front and back crawl stroke for 75 feet, elementary back stroke &amp; breast stroke for 45 feet. <b>6-12 years</b> <b>Cost: \$65-\$90</b> (eight 50 min once/week classes)</p>
<p><b>KNF: 6</b></p> <p><b>Foss: Big 4-5</b></p> <p><b>Red Cross: 6</b></p>	<p>Front crawl stroke with rhythmic side breathing, back crawl stroke, elementary back stroke, breast stroke, &amp; side stroke for 300 feet each. (100 yards), Butterfly, diving, treading water, flip turns, 500 yard swim, tread water, Smart Swimming, Safety <b>5-10 years</b> <b>Cost: \$95</b> (same as above)</p>	<p>Front crawl stroke with rhythmic side breathing, backstroke, breaststroke, and butterfly for 75 feet in a non-competitive manner, 10 min swim with flip turns. <b>7-13 years-Big</b> <b>Cost: \$240</b> (twelve 30 min once/week classes)</p>	<p>Front and back crawl stroke for 150 feet, elementary back stroke and breast stroke for 75 feet, tread water, menu options. <b>6-12 years</b> <b>Cost: \$65-\$90</b> (eight 50 min once/week classes)</p>
<p><b>KNF:</b> <i>Advanced Swim</i></p> <p><b>Foss: Big 5</b></p> <p><b>Red Cross: 7</b></p>	<p>Endurance, technique, and skill improvement are emphasized. All the strokes are included in this class. Participants will also get to choose other swim areas to concentrate on. <b>5-10 years</b> <b>Cost: \$95</b> (same as above)</p>	<p>Front crawl stroke with rhythmic side breathing, backstroke, breaststroke, and butterfly for 75 feet in a non-competitive manner, 10 min swim with flip turns, 60 minute workout. <b>7-13 years-Big</b> <b>Cost: \$240</b> (twelve 30 min once/week classes)</p>	<p>Geared for fitness/competitive swimming <b>6-12 years</b> <b>Cost: \$65-\$90</b> (eight 50 min once/week classes)</p>
<p><b>MAIN POINTS</b></p>	<p><b><u>Kicks N Flips Swim School</u></b> Condensed Sessions ☺ Small Class Size ☺ Cost☺ Level Descriptions 6 different strokes (4 competitive, 2 resting) Younger Ages/Levels More Endurance &amp; Correct Technique emphasis ☺ Faster Progression ☺☺☺ <u>No floatation devices used to teach participants how to swim ☺</u> <b>Earlier Stronger Swimmers! ☺</b></p>	<p><b><u>Foss Swim School</u></b> Drawn Out Sessions ☹ Cost \$\$\$\$\$ ☹ Small Class Size Level Descriptions 4 different strokes, all competitive <u>Claim</u> of Endurance &amp; Technique Emphasis ☹ Ages/Levels Floatation devices utilized for teaching ☹</p>	<p><b><u>Red Cross/YMCA</u></b> Drawn Out Sessions ☹ Cost Large Class Size ☹ Level Descriptions 6 different strokes Older Ages/Levels Slower Progression ☹ Floatation devices utilized for teaching ☹</p>

# KNF LEVEL PLACEMENT FLOW CHART

