







2023

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

****25+ years experience***

Con	tact Information	Pool Information	
Kicks N Flips Swim School	kristin@kicksnflips.net	depth: 3.0 –10 ft, inground, heated to 87F	
Kristin Johnson kristin 72477@hotmail.com		dimensions: 21- X 48 ft	
26225 Glen Oak Dr. Wyoming MN 55092	LOVE TEXTS! **651-303-0087 ** www.kicksnflips.net	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, <u>PLEASE TXT, EMAIL, OR FB</u> 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

Classes and Events	Price-Includes All Listed Days				
Yearly Family Registration Fee	\$35/ family (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,	Pre-registered, Same Family (schedule TBD)				
dinner, & movie	# children 1 2 3 + additional				
(bring towel, street clothes, shoes, pillow, and a blanket)	cost \$35 \$55 \$65 + \$10				
	Same day registration: Add \$10				
Birthday Parties/Rentals: Pool or Boating w/towables/fishing/+more	Pool: \$245/2 hrs/25 swimmers Boat: \$450/3 hrs/6-7 riders				
Pool + Boating for exhaustive day full of fun in water +save\$100	Pool+Boat: \$595/4hrs				

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!**

<u>Inclement Weather Policy & Class Cancellations:</u> 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.

<u>Day Care/Group Classes:</u> 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)

	23 Kic	KS N Flips Sw	ım Lesson <mark>L</mark>	A I IIVIE Schedule-W york	INg (updated 4-28-23)
Session	Month	Dat	tes	<u>Level</u>	WEEKDAY Class Times
				PT&1:30 1.5:40 2,3,4,5,6,AdvSwm:60, STP:70	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)		12:30-1:30pm
2 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 ble formatting. it couldn't be fixed.	9:30-10:30/ 10:40am 10:40-11:40am 11:50-12:50pm 2:40-3:40pm 3:50-4:50pm Annual Registration Fee Per Family: \$35
3		26,27,28,5,6	(M,T,W,W,Th)	3,4,5	9·30-10·30am
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	(M,T,W,W,Th) (M,T,W,W,Th) (M,T,W,W,Th) (M,T,W,W,Th)	Parent-Tot, 1 [^] , 1.5++, 2 *** 6, Adv Swim, STP (STP ends @ 12:55pm) 3,4,5,6 Parent-tot, 1 [^] ,1.5++,2 ***	10:40-11:40amCLASSES MINUTES 11:45-12:45pm EVENTS PRICES 1:45-2:45pm OFFERINGS \$
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
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 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 Time: 30,45,60 (min) 10:40-11:40am *Per Person 11:50-12:50pm *MINUTES (min) 1:40-2:40pm 2:50-3:50pm 4:00-5-00
6 6 6 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 8 & 10 (T&Th) 8 & 10 (T&Th)	(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) *practice trouble bring a friend	Parent-tot,1^ 1.5++, 2*** 3,4,5,6,Adv Swim, STP 3,4,5,6,Adv Swim, STP 1.5++,2*** Parent-tot,1^ skills & Mini Clinic: Level 3,4,5,6	9:30-10:00am CLINIC INFO 10:10-11:10am Mini Clinic-2day 11:20-12:20/12:30pm 60min, \$60 2:30-3:30/3:40pm Skills Clinic-3day 3:30-4:30pm 60 min, \$90 4:30-5:00pm CLASS INFO LEVELS PRICES 5:00-6:00pm PT,1 \$105 6:00-7:00pm 1.5 \$115
7 7 7 7 7 7 7 8A 8B	August Skill	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 29, 30,31 29, 30,31	(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) (T,W,Th) (T,W,Th)	3,4,5,6,Adv Swim, STP Parent-tot, 1^,1.5++.2*** 3,4,5,6,Adv Swim, STP 1^, 1.5++, 2 *** Parent-tot, 1^,1.5++.2*** 3,4,5,6,Adv Swim, STP Parent-Tot, 1^, 1.5++, 2*** 3,4,5,6,Adv Swim, STP	9:30-10:30/10:40am 2,3,4,5,6 \$140 10:40-11:40am Adv Swim \$140 11:50-12:50/1:00pm STP \$150 1:00-2:00pm 2:30-3:30pm 3:30-4:30/4:40pm 11:45-12:45pm 12:45-1:45pm
8C, 8E 8 B	Clinics	29, 30,31 29, 30,31		3,4,5,6,Adv Swim, STP Parent-Tot, 1^, 1.5++, 2***	4:30-5:30, 6:15-7:15 5:30-6:30pm

Instruction Time During Levels PT,1,1.5,2 (5 day sessions), PT & $1 \times 1 = 30 \text{ min}$, $1 \times 1 = 30 \text{ min}$

Sept-Oct | WATCH FOR FALL TERM CLASSES THROUGH THE MONTH OF SEPT-OCT!!!

STP = **Swim Team Prep**

Other Events &New Offerings Coming This Summer!!!: (See Page 3 & Events &Offerings schedules for details)

⁻Kids' Safety Course -Virtual Teaching Options -Pool Party -Pool Rental -Boating Party -Boating Rental w/required & provided driver -Pool+Boating Party w/required & provided driver (save \$100!)

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

Session	Month	<u>Dates</u>	Level	Weekdays: CLASS TIMES 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/ 5:40pm 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)	Parent-Tot,1^,1.5++,2***	4:45-5:45/ 5:55pm 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/ 6:10pm 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/ 6:10pm 6:00-7:00pm 6:45pm-7:45pm
6A 6B	Mini Clinics	8 & 10 (T&Th) *practice trouble 8 & 10 (T&Th) bring a frien		5:00-6:00pm 6:00-7:00pm
7	August	16,17,21,22,23 (W,Th,M,T,V 16,17,21,22,23 (W,Th,M,T,V 16,17,21,22,23 (W,Th,M,T,V	Parent-tot, 1^,1.5++.2***	4:30-5:30/ 5:40pm 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, UPCOMMING, & 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

- *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 who need them. There is A deep end swim test
- *You can bring food & drinks BUT NO GLASSWARE
- *NO alcohol, smoking/vaping, or drugs

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

- *includes provided & required driver + available options: towables:/tubing, water skiing, swimming, fishing, relaxing, sight seeing, picnicking
- *in boat: must wear lifejackets & footwear.
- *You can bring food & drinks...BUT NO GLASSWARE
- *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 Registra	tion: +\$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)! Follow us on FB for the most up to date information and keep a look out for some exciting upcoming opportunities & events! Stay safe and see you this summer!

Happy Swimming! Kristin





<u>2023 Kicks N Flips Swim School Registration Forms – Wyoming, MN</u>

Parent's Name		Parent's Signat	ure	
A 11		-		cash check
C 11 D1		TT 51		
Emergency contact				
Email Address			Remember the Regis	tration Fee of \$35?
I have read and underst	tand the refund & wai	ver policy. Signature)		
		• • —-		
Swimmer/Child's Name Relevant medical informati				
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Session:Time		Lessons (write in/circle		dy Swim Privata
<u>56881011</u> 111116		e "X" after choice)	o Swill Teall Flep A	uv Swiii Fiivate
Mini Clinic 6A 6B _	`	*	8E <i>Price Total</i> :	
Swimmer/Child's Name				
Relevant medical information	o n			
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Session:Time			6 Swim Team Prep A	dv Swim Private
	•	e "X" after choice)		
Mini Clinic 6A 6B _			_ 8E <i>Price Total:</i>	
Swimmer/Child's Name				
Relevant medical information				
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Session:Time	0	Lessons (write in/circle		dy Swim Private
<u>500011111110</u>		e "X" after choice)	o swim ream riep A	av Swiii Tiivaic
Mini Clinic 6A 6B _			8E <i>Price Total:</i>	
			<u>Age</u>	
Relevant medical informat	non			
G : TT:		Lessons (write in/circle		1.0.1.
Session:Time			6 Swim Team Prep A	dv Swim Private
Mini Clinia 6A 6D		e "X" after choice)	QE Dring Total	
Mini Clinic 6A 6B _	Skins Clinic: 8A =========	8B 8C 8D	_ 8E	
	scounts & Coupons? (I			
55/person Referral Discount_				ly Discount
	Total Discounts: \$	% & Coupons	S:	
	_	_	Fam Discif applicable) +	
Total (including	g registration fee):	(check #)	or	(cash)
	2023 CDDC 4D			
	ZUZZSPKEAD	THE WORD CARD		
		referred me t	o KNF, please remen	nhar thair discoun
			o isini, picase icilici	noci uich discoull

2023 Kicks N Flips Swim School Inc.

Minors/Participant Waiver/Release READ BEFORE SIGNING RELEASE OF LIABILITY FOR MINORS/PARTICIPANTS

	✓ Insert Participant(s)' Name(s) in space
Wyoming MN, Plymouth MN, Plympools, water parks, lakes, rivers) in 1. The risk of injury to myself/my chincluding the potential for permane reduce this risk, the risk of serious 2. I FOR MYSELF, SPOUSE, AND RISKS, both known and unknown, full responsibility for mine/my own/o3. I willingly agree to comply with the unusual significant concern in mine itself, I will remove myself/my child. 4. I for myself, my spouse, my child. 4. I for my child. 4.	, myselt/my child/ren/ward/tamily member, being allowed related/hosted events, and activities. Kicks N Flips Swim School (known as KNF) of outh Creek Athletic Club of Plymouth MN, & any other on site/satellite locations (swimming other cities in MN and WI. The undersigned acknowledges, appreciates, and agrees that: .nild/ward/family member from the activities involved in these programs can be/is significant, nt disability and death, and while particular rules, equipment, and personal discipline may
the fullest extent permitted by law. 5. I, for myself, my spouse, my chil and next of kin, HEREBY INDEMN myself/my child's/ward/family mem NEGLIGENCE, to the fullest extend	d's/ward/family member, and on behalf of my/our heirs, assigns, personal representatives IFY AND HOLD HARMLESS all the above Releasees from any and all liabilities incident to ber's involvement or participation in these programs, EVEN IF ARISING FROM THEIR t permitted by law.
representatives and next of kin, unpresent, despite Kicks N Flips, thei place. I understand there is a poter	d's/rens/ward/family member, and on behalf of my/our heirs, assigns, personal derstand the risk of illness to myself/my child/ward from the COVID-19 virus that may be r owners, representatives, and their employees, disinfecting and having Safety Protocols in intial for permanent disability and death, and while particular rules, clean equipment, social may reduce this risk, the risk of serious illness does exist; I have read the COVID-19 Safety nem.
	LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS AVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND IDUCEMENT.
Parent/Guardian Signature	Date
	2023 REFUND POLICY:
5 Prior to the class start date, a two-50% refund. No refund will be giv	week notice of cancellation is required for a full refund and a one-week notice is required for a en for cancellation inside of the one-week timeframe and once class has started.
Parent/Guardian Signature	Date
	2023 CHILD PHOTO & VIDEO POLICY:
past events as well as news for all le- child(ren) and the environment of all purposes, training guidelines for teac computer presentations, or on the Ki	age and a website that is used as a business page only that is monitored. We will post current and vels, events, and activities. We will include pictures; note that care is taken to ensure that your likely N Flips locations are appropriately displayed. These images/footage are for marketing there and athletes as well as recognition purposes for newspapers, display on a bulletin board and cks N Flips Inc. Social Media. Please sign and date the appropriate choice below. You may opt r child for the above mentioned purposes at anytime.
	otographed or videoed for the above mentioned purposes by Kicks N Flips Inc. personnel. photographed or videoed for the above mentioned purposes by Kicks N Flips Inc.
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