

| Session | Month | Dates | Level <small>1.5 is 40 min STP is 70 min</small> | CLASS TIME <i>Start - End</i> | Program Details |
|--|----------|---|--|--|--|
| 1 | May | 1,2,7,8,9 (W,Th,T,W,Th) | Parent-Tot, 1 1.5,2 3,4,5,6 | 4:30-5:00pm 5:00- 5:40 /6:00pm 6:15-7:15pm |  <p>Annual Reg Fee Per Family: \$40 CLASS INFO *Attend all 5 days *Price includes all listed days *Amount of Instruction Each Day</p> <p>LEVEL MIN PT, 1 : \$30 1..5 : \$40 2,3,4,5,6: \$60 Adv Swim: \$60 STP : \$70</p> <p>LEVEL PRICE PT,1 \$110 1.5 \$120 2,3,4,5,6 \$145 Adv Swim \$145 STP \$155</p> <p>PRIVATE LESSONS Time min/ Price \$ 30,45,60/ 60,90,120 Semi Private *per person 30,45 60 / 40,60,80 *TIME & PRICE are color coded</p> <p>CLINIC INFO Mini Clinic 2days \$60 60 min/day Skills Clinic 3days \$90 60 min/day</p> <p>Other Events & Offerings Virtual Videos Birthday Parties 15% off Open Swims Pack The Pools Pool Rentals Special Group Lessons Mom/Dad Groups Kids' Safety Course Like us on FB for the most up to date info (weather, class cancellations, open swims, pack the pools, birthdays, etc!)</p> |
| 2 | May | 14,15,16,20,21 (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 | |
| 3 | May-June | 29,30,3,4,5 (W,Th,M,T,W) | 3,4,5,6,Avd Swim,STP Parent-Tot,1,1.5, 2 3,4,5,6 | 4:30-5:30/5:40pm 5:30-6:30pm 6:15-7:15pm | |
| 4 | June | 11,12,13,18,19 (T,W,Th,T,W) | 3,4,5,6,Avd Swim,STP Parent-Tot,1,1.5, 2 3,4,5,6 | 4:45-5:45/5:55pm 5:45-6:45pm 6:30-7:30pm | |
| 6 | July | 8,9,10,15,16 (M,T,W,M,T) | 3,4,5,6,Avd Swim,STP Parent-Tot,1,1.5, 2 3,4,5,6 | 5:00-6:00/6:10pm 6:00-7:00pm 6:45-7:45pm | |
| 8 8A 8B | Aug | 6,7,8,12,13 (T,W,Th,M,T) 6 & 8 *practice (T&Th) bring friend | 3,4,5,6,Avd Swim,STP Parent-Tot,1,1.5, 2 3,4,5,6 skills & Mini Clinic: 3,4,5,6 for 1 day Mini Clinic:1,1.5,2 | 5:00-6:00/6:10pm 6:00-7:00pm 6:45-7:45pm 5:00-6:00pm 6:00-7:00pm | |
| 9 | Aug | 14,15,19,20,21 (W,Th,M,T,W) | 3,4,5,6,Avd Swim,STP Parent-Tot,1,1.5, 2 3,4,5,6 | 4:30-5:30/5:40pm 5:30-6:30pm 6:15-7:15pm | |
| 10A 10B 10C | Aug | 26,27,28 (M,T,W) | Skills Clinic 3,4,5,6,Adv Swim, STP Skills Clinic: Parent-Tot,1,1.5,3 Skills Clinic:3,4,5,6,Adv Swim, STP | 4:30-5:30pm 5:30-6:30pm 6:30-7:30pm | |
| 11 | Sept | 10,11,12,17,18 (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 | |
| 12 | Sept-Oct | 24,25,26,1,2 (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 | |

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. 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 ages 6 months to 106 years. 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 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!

VIRTUAL INSTRUCTION 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 15% off & reserve your birthday party soon for 2024!

