

Family Wellness Swim School

Winter Session 2018: Monday, January 8th to Saturday, March 10th

	Monday							Tuesday							Wednesday							Thursday							Saturday																			
9:00am								Guppy	Starfish																	Guppy	Private							Guppy	Guppy	Starfish	Froggie	Turtle	Seal	Adult								
9:30am								PB	Starfish																	PC	Starfish							PC	Starfish	Froggie	Froggie	Turtle	Otter	Seal								
10:00am								Guppy	Private																	Guppy	Starfish							PB	Guppy	Froggie	Froggie	Turtle	Otter	Seal								
10:30am																										PC	Guppy							PC	Starfish	Froggie	Turtle	Otter	Shark	Private*								
11:00am								Guppy	Froggie																	Guppy	Turtle							Guppy	Starfish	Starfish	Froggie	Turtle	Otter	Private*								
11:30am								Starfish	Turtle																	Starfish	Otter							Guppy	Starfish	Starfish	Froggie	Turtle	Seal	Private*								
3:00pm	Froggie	Private	Private														Starfish	Froggie	Adaptive																													
3:30pm	Guppy	Starfish	Turtle														Guppy	Starfish	Turtle														Guppy	Starfish	Froggie	Turtle	Seal											
4:00pm	Guppy	Starfish	Froggie	Turtle	Otter	Private											Guppy	Starfish	Froggie	Turtle	Seal												Guppy	Starfish	Froggie	Turtle	Otter	Private										
4:30pm	Guppy	Starfish	Turtle	Otter	Seal	Private											Guppy	Starfish	Froggie	Turtle	Seal												Guppy	Starfish	Froggie	Turtle	Otter	Private										
5:00pm	Tran PC	Guppy	Starfish	Froggie	Seal			PC	Guppy	Froggie	Froggie	Turtle	Seal	Shark			Starfish	Froggie	Turtle	Shark					Guppy	Starfish	Starfish	Froggie	Turtle	Otter			PC	Starfish	Froggie	Turtle	Seal	Adult										
5:30pm	PC	Guppy	Froggie	Turtle	Otter			PB	Starfish	Froggie	Turtle	Turtle	Otter	Adult			PC	Starfish	Froggie	Turtle					PC	Starfish	Froggie	Turtle	Seal	Adult																		
5:15-6pm	Pre-Swim Team (Mon & Wed)							No Pre-Swim Team							Pre-Swim Team (Mon & Wed)							No Pre-Swim Team																										
6:00pm								Guppy	Guppy	Starfish	Froggie	Otter	Shark	Private*											PC	Starfish	Froggie	Turtle	Otter	Seal																		
6:30pm								PB	Guppy	Froggie	Turtle	Turtle	Otter	Seal											Tran PC	Guppy	Starfish	Froggie	Froggie	Otter																		
7:00pm								PC	Starfish	Froggie	Froggie	Turtle	Seal	Shark											PB	Starfish	Froggie	Turtle	Seal	Private																		
7:30pm								Guppy	Starfish	Froggie	Turtle	Otter	Adult	Private											Guppy	Starfish	Froggie	Otter	Shark	Adaptive																		

*Due to limited space, these lessons must take place in the lap pool.

Winter Session - Monday, January 9th to Saturday, March 11th

Full as of 12/15

9 weeks of class, Member rate - \$63, Non-member rate - \$126

Private Lesson Member rate - \$252, Non-member rate - \$504

Member and Non-Member Registration is already open! Sign up online today!

Pre-Swim Team - Monday and Wednesdays, 5:15-6:00pm

This pre-swim team class is for swimmers who have participated in level Otter swimming lessons or above. Emphasis is learning and refining the four competitive strokes, endurance and having fun! This program is also for those wishing to join a swim team and anyone who would benefit from additional practice on level Seal or higher swimming skills. This program is twice a week for 45 minutes.

Adult Beginner Lessons

This class is for beginner swimmers who would like to learn the basic strokes.

Adult Swim Team - Tuesday and Thursdays from 8-9pm

Our experienced instructor/coach will put together workouts to help the experienced swimmer get an appropriate workout for their skill level. This is an excellent program for triathletes who need help with training in the pool and some adjustments to obtain a more powerful and efficient stroke.

Directions on How to Register Online for First Time for Family Wellness Members

1. www.familywellnessfargo.com/memberships/login
2. Click "Login Here"
3. Click "Do not have a login"
4. Enter Member Number and Date of Birth
(can get Member Number at Front Desk)
5. Pick your class and register!

Directions on How to Register Online for First Time For Non-Members of Family Wellness

1. Call or drop by the front desk to confirm your email.
2. Ask the front desk to send you your online credentials via email.
3. www.familywellnessfargo.org/memberships/login
4. Click "Login Here"
5. Log in under the "Member Login" with info sent to you.
6. Click on "Program Registration"