



# Swim School

## Swim School Levels

Our Family Wellness Swim School takes pride in our exciting water-safe program. Our philosophy is that each child progresses at their own pace. Through positive reinforcement, practice and patience, students learn water-safe swimming skills while having fun. Classes are once a week for 30 minutes in our large pool to encourage year-round lessons. Families that want to swim more than once a week are encouraged to do so. Our goal is to teach your child in a fun, safe environment that builds confidence, self-esteem and a feeling of accomplishment. Due to Covid-19 we will continue to offer Private/Semi-Private and Mini-Group lessons into the Winter and Spring session. We have made this decision in order to help keep both you and our staff as safe as possible by limiting exposure through these unknown times.

### Adaptive

These one-on-one lessons are for swimmers with special needs and are tailored towards the skills of each participant. Instructors will communicate with parents even more than usual to ensure that the class is working towards an agreed upon goal. Any private lesson opening may be used as an adaptive one-on-one lesson.

### Mini-Group Lessons

Mini-Group Lessons are similar to regular swim lessons in that you sign up for a swim class appropriate for you swimmer (Guppy, Turtle, etc) but it will be at a 2 students :1 instructor ratio.

**Mini-Group Lesson Rates (9 weeks) Members \$135/ NonMembers \$270**

### Private Lessons

Private swim lessons are a great option for students to get one-on-one attention and extra practice on the skills that they need to refine. Instructors will communicate with parents more than usual to ensure that the class is working towards an agreed upon goal. Each private lesson may have up to three kids from the same household, (however only one child will need to be registered.) There will be one instructor per class. If you want siblings to join the class, they may at no additional cost. We recommend participants be close in skill level in order to get the most out of the lesson and so the instructor is better able to tailor the lesson to the skills of each participant. If you prefer to have one instructor per child, each child needs to be registered separately.

**Private Lesson Rates Members \$270/ NonMembers \$540**

*This is the rate for an individual lesson, or the total rate for a household lesson with a maximum of 3 participants.*

### Semi-Private Lessons

To set up private lessons with your friend/relative or for rates and more information, please contact our aquatics team. Maximum of 2 households and 3 children per session.

**Please contact Vicki, Aquatics Coordinator, at 701-234-6969 or [victoria.bloomquist@sanfordhealth.org](mailto:victoria.bloomquist@sanfordhealth.org) with any questions, for further information or to register for an adaptive or semi-private swim lesson.**

# Swim School Continued

## Winter Session

**Monday, January 11th - March 13th**

Please call our Aquatics Coordinator at 701-234-6969 with any questions, for further information or to register for an adaptive or semi-private swim lesson.

## Monday Schedule:

9:00AM	Guppy	Private	
9:30AM	Starfish	Private	
10:00AM	Froggie	Private	
4:00PM	Turtle	Private	Private
4:30PM	Froggie	Private	Private
5:00PM	Guppy	Private	Seal/Shark
5:30PM	Starfish	Private	Private

## Tuesday Schedule:

5:00PM	Turtle	Otter	Private
5:30PM	PB/PC	Froggie	Private
6:00PM	Guppy	Private	Private
6:30PM	Starfish	Private	Private

## Thursday Schedule:

10:00AM	Private		
10:30AM	Private		
11:00AM	Private		
5:00PM	Otter	Private	Private
5:30PM	Froggie	Private	Guppy
6:00PM	Starfish	Private	Turtle
6:30PM	PB/PC	Private	Private

## Saturday Schedule:

9:00AM	Guppy	Private	Private
9:30AM	Starfish	Private	Private
10:00AM	Froggie	Seal/Shark	Private
10:30AM	PB/PC	Turtle	Private
11:00AM	Otter	Private	Private

## Spring Session

**March 22nd - May 15th**

Please check our website on February 15th for class offerings and registration for the Spring session.

**Monday, February 15th**

*Member Online Registration*

**Wednesday, February 17th**

*Member In Person Registration*

**Monday, February 22nd**

*NonMember Online Registration*

**Wednesday, February 24th**

*NonMember In Person Registration*

Private swimming lessons will be available during Winter and Spring. Up to 3 siblings total can share a private swimming lesson at no additional cost.

Daytime swimming lesson options will be available. Dates and times will be determined based on what Fargo and West Fargo Public schools determine for school days. Please check the aquatics page on our website to find more information.