



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. This aquatic facility will run swimming lessons for everyone starting at the age of 6 months through adulthood. 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. Classes are structured by age and ability to accommodate varying skill levels within each age group. Our student to teacher ratios are 4:1 except for our Parent/Baby and Parent/Child classes which are 6:1. Our goal is to teach your child in a fun, safe environment that builds confidence, self-esteem and a feeling of accomplishment.

Swim School Levels

Parent/Baby (PB)

Parents learn to properly hold their 6-18 month old baby while working on floating, submerging, hand/eye coordination, and strength through games and songs.

Parent/Child (PC)

Toddlers ages 19-35 months. Parents learn to work with their child on floating, breath control for submerging, climbing out of the pool on their own, and muscle strengthening.

Transitional Parent/Child (TPC)

Toddlers who have successfully completed Parent/Child, but aren't ready for Guppy. Parents will start in the water with their children, but eventually toddlers will learn how to be comfortable in the water independent of their parents. They will work on listening skills and waiting their turn. Must have instructor recommendation to register.

Guppy

Children 3 years old can begin getting comfortable in the water independent of their parents. Through patience and trust, children in this level will overcome their fear and eventually swim independently.

Starfish

Encouragement and positive reinforcement help kids become more confident floating on their front and back as well as kicking across the pool on their back independently.

Froggie

Participants will build on their independent swimming ability by swimming further distances. Being able to transition from swimming on their front to their back is one of the safety skills stressed.

Turtle

Children will build on previous levels by beginning to define swim strokes like elementary backstroke, front crawl, and backstroke.

Otter

Swimmers will build endurance, confidence, and skill on the strokes learned in Turtle. They will also learn dolphin kick and breaststroke.

Seal

Children will progress by learning flip turns, butterfly, sidestroke and breaststroke timing. Endurance will be increased even more by working to swim 300 yards continuously.

Shark

These experienced swimmers will be able to swim multiple lengths of the pool in each of the competitive strokes: front crawl, backstroke, breaststroke and butterfly. Children will also be skilled in elementary backstroke, sidestroke and water safety.

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 to ensure that the class is working towards an agreed upon goal.

Private Lessons

Private lessons are a good option for those who may want or need more one-on-one attention. Please call our Aquatics Coordinator at 701.234.6960 for further information on private swimming lessons.

Adult Beginner Lessons

This class is for beginner swimmers who would like to learn the basic strokes for lap swim or be able to swim recreationally.

Adult Swim Team

The swim team is designed to give participants a good water work out and to improve their strokes. Participants joining the swim team should already know their basic strokes of frontcrawl, backcrawl, and breaststroke. This group meets both Tuesdays and Thursdays, September 7th - December 9th from 8:00PM - 9:00PM. No practice on Thursday, November 25th.

\$135 Members / \$270 Nonmembers

Questions?

Please contact Vicki, Aquatics Coordinator, at 701-234-6960 or victoria.bloomquist@sanfordhealth.org with any questions, for further information or to register for an adaptive or private swim lesson.

Fall Swim School Schedule

Fall Sessions

- **Fall Session 1:** September 7th - October 23rd (No class, Monday, September 6th)
- **Fall Session 2:** October 25th - December 11th (No class Thursday, November 25th, or Saturday, November 27th)
- 7 week class: Member rate - \$56 Nonmember rate - \$112 | 6 week Pro-Rated Mon Session 1, Thurs/Sat Session 2 \$48 Members/\$96 NonMembers
- Private lessons: Member rate - \$224 Nonmember rate \$448 | 6 week Pro-Rated Mon Session 1, Thurs/Sat Session 2 \$192 Members/\$384 NonMembers

Registration Dates Fall Session 1

- Member online | Monday, July 26th
- Member in person or over the phone | Monday, August 2nd
- Nonmembers/YMCA members online | Monday, August 9th
- Nonmembers/YMCA in person or over the phone | Monday, August 16th

Registration Dates Fall Session 2

- Member online | Monday, October 4th
- Member in person or over the phone | Wednesday, October 6th
- Nonmembers/YMCA members online | Monday, October 11th
- Nonmembers/YMCA in person or over the phone | Wednesday, October 13th

Private Lessons

- Private swimming lessons are available for each session and are a good option for those who may want or need more one-on-one attention.

Please contact Vicki, Aquatics Coordinator, at 701-234-6960 or victoria.bloomquist@sanfordhealth.org with any questions.

Monday Schedule:

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|---------|----------|----------|---------|
| 10:00am | Private | | |
| 10:30am | Guppy | | |
| 11:00am | Private | | |
| 11:30am | Starfish | | |
| | | | |
| 4:00pm | Guppy | Froggie | Private |
| 4:30pm | PC | Starfish | Private |
| 5:00pm | Turtle | Guppy | Private |
| 5:30pm | Otter | Seal | Shark |

Tuesday Schedule:

| | | | |
|--------|--|---------|---------|
| 5:00pm | PB | Guppy | Turtle |
| 5:30pm | Starfish | Froggie | Private |
| 6:00pm | PC | Guppy | Otter |
| 6:30pm | Starfish | Froggie | Private |
| 7:00pm | Froggie | Turtle | Private |
| 7:30pm | Otter | Seal | Private |
| 8:00pm | 8:00PM - 9:00PM Adult Swim Team (Tues & Thurs) | | |

Thursday Schedule:

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|---------|--|----------|---------|
| 10:00am | Starfish | | |
| 10:30am | Private | | |
| 11:00am | Froggie | | |
| 11:30am | Private | | |
| | | | |
| 5:00pm | Starfish | Froggie | Private |
| 5:30pm | PC | Guppy | Turtle |
| 6:00pm | PB | Starfish | Private |
| 6:30pm | Guppy | Turtle | Otter |
| 7:00pm | Starfish | Froggie | Private |
| 7:30pm | Otter | Seal | Shark |
| 8:00pm | 8:00PM - 9:00PM Adult Swim Team (Tues & Thurs) | | |

Saturday Schedule:

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|---------|----------|----------|---------|
| 9:00am | Starfish | Froggie | Private |
| 9:30am | PC | Guppy | Turtle |
| 10:00am | Froggie | Starfish | Private |
| 10:30am | Guppy | Turtle | Otter |
| 11:00am | PB | Starfish | Private |
| 11:30am | Otter | Seal | Shark |