



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 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.

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 Manager at 701.234.6960 for further information on private swimming lessons.

Private Swim Coaching

Our Private Swim Coaching program is intended for triathletes and other adults looking to improve their swimming strokes. We work with you one-on-one to address your specific needs and help you achieve your swimming goals. Instruction will focus on improving stroke technique in the areas of body position and balance, pull and kick efficiency, breathing patterns and core connection. Advice will also be provided for swimming conditioning, workouts, and racing and open water swimming.

The main focus will be on front crawl, but other areas such as backstroke, breaststroke, butterfly, or flip turns can receive instruction by request. Participants should know how to swim at least 100 yards front crawl without assistance.

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, January 11th - May 12th from 7:00PM - 8:00PM.

\$135 Members / \$270 Nonmembers

Questions?

Please contact Todd Peters, Aquatics Manager, at 701-234-6960 or todd.peters@sanfordhealth.org with any questions, for further information or to register for an adaptive or private swim lesson.

Winter Swim School Schedule

Winter Session

January 10th – March 12th (9 weeks)

- 9-week class: \$90 Members/\$180 Nonmembers*
- Private Lessons: \$360 Members/\$720 Nonmembers**

Winter Session Registration Dates

- Member Online | Monday, November 15th
- Member In-person | Monday, November 22nd
- Nonmember Online | Monday, November 29th
- Nonmember In-person | Monday, December 6th

Spring Session

March 21st – May 14th (8 weeks)

- No lessons Saturday, April 16th (Easter weekend)
- 8-week class: \$80 Members/\$160 Nonmembers*
- Pro-rated Saturday session: \$70 Members/\$140 Nonmembers*
- Private Lessons: \$360 Members/\$720 Nonmembers**

Spring Session Registration Dates

- Member Online | February 14th
- Member In-person | February 21st
- Nonmember Online | February 28th
- Nonmember In-person | March 7th

*Lesson prices are based on \$10/class Members, \$20/class Nonmembers

**Private lesson prices are based on \$40/class Members, \$80/class Nonmembers

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 Todd Peters, Aquatics Manager, at 701-234-6960 or todd.peters@sanfordhealth.org with any questions.

Monday Schedule:

3:30pm	Guppy	Starfish	
4:00pm	Guppy	Froggie	Turtle
4:30pm	PC	Starfish	Froggie
5:00pm	Guppy	Starfish	Turtle
5:30pm	PB	Otter	Seal

Tuesday Schedule:

4:00pm	Guppy	Starfish	Turtle
4:30pm	Guppy	Starfish	Froggie
5:00pm	PC	Turtle	Otter
5:30pm	Guppy	Froggie	Starfish
6:00pm	PB	Turtle	Froggie
6:30pm	Otter	Seal	Shark
7:00pm	7:00PM - 8:00PM Adult Swim Team (Tues & Thurs)		
7:30pm			

Thursday Schedule:

4:00pm	Guppy	Froggie	Starfish
4:30pm	Guppy	Starfish	Turtle
5:00pm	PB	Starfish	Froggie
5:30pm	Guppy	Turtle	Otter
6:00pm	PC	Starfish	Froggie
6:30pm	Otter	Seal	Shark
7:00pm	7:00PM - 8:00PM Adult Swim Team (Tues & Thurs)		
7:30pm			

Saturday Schedule:

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

