

WHY FAMILY WELLNESS SWIM LESSONS ARE THE BEST!

- Excellent Aquatic Facility focused on swim instruction with two shallow, warm-water (86 and 89 degrees) pools.
- Zero-depth entry pool open for fun before and after all lessons.
- Parent/Baby, Parent/Child, and Level 1: Guppy lessons held in comfortable 89-degree water.
- Extensive swim lesson instructor training program. All instructors undergo 14 hours of training, including hands-on lesson experience with established instructors, before teaching on their own.
- Most experienced Aquatics Manager in the FM area. Todd Peters has over 30 years aquatics experience with the Fargo Park District, Fargo, Moorhead and West Fargo Public Schools, YMCA, MSUM, and Family Wellness.
- New curriculum – The Family Wellness swimming lesson curriculum and instructor training program was evaluated, improved and implemented in January 2022 to offer the best instruction possible.
- Program end goals:
 - Levels 1-4: Create “safe” swimmers who can float and/or kick on their back to safety.
 - Levels 5-7: Prepare students for a lifetime of swimming and to become a lifeguard and/or competitive swimmer.
- Comprehensive lesson program.
 - Group lessons – Classes limited to 4 students per instructor.
 - Private and adaptive swim lessons – Arranged by request.
- Private swim coaching – For triathletes and competitive swimmers looking to get one-on-one instruction.



Familywellness

A PARTNERSHIP BETWEEN SANFORD HEALTH 