



SPRING & SUMMER

CLASSES FOR AGES 6 MONTHS AND UP!



Registration Dates

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



Scan for Schedule and Pricing

Familywellness
A PARTNERSHIP BETWEEN SANFORD HEALTH 

Spring Swim School Schedule



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**

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

Tuesday Schedule:

4:00pm	Froggie	Starfish	Turtle
4:30pm	Guppy	Starfish	Froggie
5:00pm	PC	Turtle	Otter
5:30pm	Turtle	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	Turtle	Starfish	Froggie
5:30pm	Guppy	Turtle	Otter
6:00pm	PC	Starfish	Froggie
6:30pm	Otter	Seal	Turtle
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

Spring Mini Session Schedule

Spring Mini-Session: May 16-26

- Half-price private and semi-private lessons
- All 30-minute lessons are \$20 Members/\$40 Nonmembers
- Online registration for available days and times
- Other times may be available upon request. Please contact the Aquatics Office at 701-234-6960.

	Mondays (5/16 & 5/23) OR Wednesdays (5/18 & 5/25)				Tuesdays (5/17 & 5/24) OR Thursdays (5/19 & 5/26)			
4:00pm	Private	Private	Private	Private	Private	Private	Private	Private
4:30pm	Private	Private	Private	Private	Private	Private	Private	Private
5:00pm	Private	Private	Private	Private	Private	Private	Private	Private
5:30pm	Private	Private	Private	Private	Private	Private	Private	Private
6:00pm					Private	Private	Private	Private
6:30pm					Private	Private	Private	Private

Summer Swim School Schedule

Summer Evening Session #1: May 31 – July 7 (6 weeks)

- 6-weeks group lessons: \$60 Members/\$120 Nonmembers*
- Private Lessons: \$240 Members/\$480 Nonmembers^
- Adult Swim Practice \$60 Members/\$120 Nonmembers

Summer Evening Session #2: July 11 – August 25 (7 weeks)

- 7-weeks group lessons: \$70 Members/\$140 Nonmembers*
- Private Lessons: \$280 Members/\$560 Nonmembers^
- Adult Swim Practice \$70 Members/\$140 Nonmembers

*Group lesson prices are based on \$10/class Members, \$20/class Nonmembers
 ^Private lesson prices are based on \$40/class Members, \$80/class Nonmembers

Summer Morning Sessions

Session #1 | June 6 – 16 Session #4 | July 25 – August
 Session #2 | June 20 – 30 Session #5 | August 8 – 18
 Session #3 | July 11 – 21

- All sessions meet Monday – Thursday
- 2-weeks group lessons: \$80 Members/\$160 Nonmembers*
- Private Lessons: \$320 Members/\$640 Nonmembers^

Private & Adaptive Lessons

Private swimming lessons are available by arrangement for each session listed and are a good option for those who may want or need more one-on-one attention. Adaptive lessons are available for participants who may need one-on-one attention due to an adaptive need. Please contact the Family Wellness Aquatics office at 701-234-6960 for more information.

Note: Parent/Baby, Parent/Child, and Guppy classes will be held in the activity pool. All other classes will be held in the lap pool.

Summer Morning 2 Week Sessions | Monday - Thursday Mornings

Monday					Wednesday				
9:00am	Guppy	Starfish	Froggie	Turtle	9:00am	Guppy	Starfish	Froggie	Turtle
9:30am	Guppy	Starfish	Froggie	Turtle	9:30am	Guppy	Starfish	Froggie	Turtle
10:00am	Starfish	Froggie	Turtle	Otter	10:00am	Starfish	Froggie	Turtle	Otter
10:30am	Turtle	Otter	Seal	Shark	10:30am	Turtle	Otter	Seal	Shark

Tuesday					Thursday				
9:00am	Guppy	Starfish	Froggie	Turtle	9:00am	Guppy	Starfish	Froggie	Turtle
9:30am	Guppy	Starfish	Froggie	Turtle	9:30am	Guppy	Starfish	Froggie	Turtle
10:00am	Starfish	Froggie	Turtle	Otter	10:00am	Starfish	Froggie	Turtle	Otter
10:30am	Turtle	Otter	Seal	Shark	10:30am	Turtle	Otter	Seal	Shark

Summer Evening Session #1: May 31 – July 7 (6 weeks)

Tuesday					Thursday				
4:00pm	Guppy	Starfish	Froggie	Turtle	4:00pm	Guppy	Starfish	Froggie	Turtle
4:30pm	Parent/Child	Starfish	Froggie	Turtle	4:30pm	Parent/Baby	Starfish	Froggie	Turtle
5:00pm	Guppy	Starfish	Froggie	Turtle	5:00pm	Guppy	Starfish	Froggie	Turtle
5:30pm	Guppy	Starfish	Turtle	Otter	5:30pm	Guppy	Starfish	Turtle	Otter
6:00pm	Parent/Baby	Starfish	Froggie	Turtle	6:00pm	Parent/Child	Starfish	Froggie	Turtle
6:30pm	Froggie	Otter	Seal	Shark	6:30pm	Froggie	Otter	Seal	Shark
7:00pm - 8:00pm	Adult Swim Team				7:00pm - 8:00pm	Adult Swim Team			

Wednesday				
4:00pm	Guppy	Starfish	Froggie	Turtle
4:30pm	Guppy	Starfish	Froggie	Turtle
5:00pm	Starfish	Froggie	Turtle	Otter
5:30pm	Parent/Baby	Otter	Seal	Shark

Summer Swim School Schedule (continued)

Summer Evening Session #2: July 11 – August 25 (7 weeks)

- 7-weeks group lessons: \$70 Members/\$140 Nonmembers*
- Private Lessons: \$280 Members/\$560 Nonmembers^
- Adult Swim Practice \$70 Members/\$140 Nonmembers

Summer Evening Session #2: July 11 – August 25 (7 weeks)

Monday					Wednesday				
4:00pm	Guppy	Starfish	Froggie	Turtle	4:00pm	Guppy	Starfish	Froggie	Turtle
4:30pm	Guppy	Starfish	Froggie	Turtle	4:30pm	Guppy	Starfish	Froggie	Turtle
5:00pm	Starfish	Froggie	Turtle	Otter	5:00pm	Starfish	Froggie	Turtle	Otter
5:30pm	Parent/ Baby	Otter	Seal	Shark	5:30pm	Parent/ Baby	Otter	Seal	Shark

Tuesday					Thursday				
4:00pm	Guppy	Starfish	Froggie	Turtle	4:00pm	Guppy	Starfish	Froggie	Turtle
4:30pm	Parent/ Child	Starfish	Froggie	Turtle	4:30pm	Parent/ Baby	Starfish	Froggie	Turtle
5:00pm	Guppy	Starfish	Froggie	Turtle	5:00pm	Guppy	Starfish	Froggie	Turtle
5:30pm	Guppy	Starfish	Turtle	Otter	5:30pm	Guppy	Starfish	Turtle	Otter
6:00pm	Parent/ Baby	Starfish	Froggie	Turtle	6:00pm	Parent/ Child	Starfish	Froggie	Turtle
6:30pm	Froggie	Otter	Seal	Shark	6:30pm	Froggie	Otter	Seal	Shark
7:00pm - 8:00pm	Adult Swim Team				7:00pm - 8:00pm	Adult Swim Team			

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:
 - o Levels 1-4: Create “safe” swimmers who can float and/or kick on their back to safety.
 - o Levels 5-7: Prepare students for a lifetime of swimming and to become a lifeguard and/or competitive swimmer.
- Comprehensive lesson program.
 - o Group lessons – Classes limited to 4 students per instructor.
 - o Private and adaptive swim lessons – Arranged by request.
- Private swim coaching – For triathletes and competitive swimmers looking to get one-on-one instruction.

FAMILY WELLNESS SWIM SCHOOL is perfect for swimmers 6 months old to adults. With our 4:1 ratio of swimmers to instructor (6:1 in Parent/Baby and Parent/Child) you will be certain to learn and have fun!



Parent/Baby Skills to Pass

- Enters water with parent assistance
- Indicators of holding breath when going under
- Blows bubbles
- Reaches for toys
- Supported front float
- Supported back float
- Fully submerges under water with assistance
- Independently kicks legs when given the signal

Parent/Child Skills to Pass

- Enters water with parent assistance
- Holds breath when under water
- Blows bubbles
- Reaches for toys
- Supported front float
- Supported back float
- Fully submerges under water with assistance
- Independently kicks legs when given the signal
- Independent movement with kicking – 4 feet

Level 1: Guppy Skills to Pass

- Enter and exit water independently
- Water safety rules
- Independently puts face underwater
- Independently grabs object from below water surface with face underwater.
- Front float with instructor assistance – 5 seconds
- Back float with instructor assistance – 5 seconds
- Blows Bubbles: Stationary exhale underwater & inhale above water to both sides – “Talk to the fish, listen to the fish.”
- Any form of alternating leg movements, stationary or while moving through water (Intro to flutter kicking)
- Independent forward movement on front with face in the water 4 feet

Level 2: Starfish Skills to Pass

- Independent jump into pool and return to pool side with instructor assistance.
- Water safety rules
- Retrieve object from pool bottom at 3 ½ feet deep with instructor assistance
- Independent Front Float – 5 seconds
- Independent Back Float – 10 seconds
- Stationary exhale underwater and inhale above water to both sides 5 times – talk to the fish, listen to the fish
- Independent flutter kick on back 5-yard (legs are mostly straight, not moving like pedaling a bicycle)
- Flutter kick with rollover from front to back and back to front while traveling 5 yards with instructor support or flotation device (legs mostly straight, not moving like pedaling a bicycle)

Level 3: Froggie Skills to Pass

- Independent jump and exit from deep water (over the student's head)
- Elementary backstroke arms with flutter kick 10 yards
- Stationary sculling – proper hand movement and positioning
- Independently retrieve object from pool bottom at 3 ½ feet deep
- Underwater on front horizontal wall push-off, glide, and kick 2.5 yards
- Independent flutter kick on front with alternating arm movements 5 yards
- Independent flutter kick with rollover from front to back and back to front while traveling 10 yards
- Independent flutter kick on back 10 yards
- Kicking on back with alternating arm movements and instructor assistance or with flotation device - 5 yards

Level 4: Turtle Skills to Pass

- Elementary back stroke 12 yards
- Tread water 30 seconds
- Retrieve multiple objects from pool bottom at 3 ½ feet deep
- Underwater on front horizontal wall push-off, glide, and kick 5 yards
- Front crawl with side breathing 12 yards (ability to breathe to both sides)
- Flutter kick on back 12 yards
- Backstroke 12 yards
- Breaststroke kick on back 5 yards

Level 5: Otter Skills to Pass

- Elementary backstroke 25 yards
- Tread water 1 minute
- Retrieve multiple objects off pool bottom in 4 ½ feet deep water
- Forward somersault with instructor assistance
- Underwater on front horizontal wall push-off, glide, and kick 5 yards and transition to swimming on the surface
- Front crawl with side breathing 25 yards (ability to breathe to both sides)
- Backstroke 25 yards
- Breaststroke kick on front – bilateral symmetry with feet wider apart than knees
- Breaststroke arms – scull out, scull in and keep hands in front of shoulders
- Dolphin kick – legs and feet must kick together

Level 6: Seal Skills to Pass

- Scissors kick 25 yards
- Flip turn for front crawl
- Rollover stroke and flip turn for backstroke
- Underwater on back horizontal wall push-off, glide, kick 5 yards and transition to swimming on the surface
- Front crawl with bilateral side breathing and turn at wall 50 yards
- Backstroke with turn at wall 50 yards
- Continuous swimming with any combination of front crawl, backstroke, and breaststroke 150 yards
- Breaststroke 25 yards
- Dolphin kick on front 15 meters (pause to breathe as necessary)
- Dolphin kick on back 15 meters
- Timing of butterfly arms, breathing, and kick

Level 7: Shark Skills to Pass

- Sidestroke 25 yards
- Swim 20 yards, grab brick from pool bottom and kick on back with brick back to starting point
- Tread water two minutes, one minute is without use of arms
- Open turns for breaststroke and butterfly
- Front crawl with flip turns and bilateral breathing 100 yards
- Individual medley 100 yards
- Backstroke with flip turns and underwater kicking 100 yards
- Continuous swimming with any combination of freestyle and breaststroke 300 yards
- Breaststroke with open turn 50 yards
- Dolphin kick on front and back 15 meters, with at least 5 yards underwater
- Butterfly 25 yards