

CONFIDENT AND STRONG SWIMMERS

Monday/Wednesday, Tuesday
Thursday, Saturday
APRIL 8TH - MAY 18TH
Ages 6 Months - Adult



SPRING 2024

SWIMMING LESSONS

Parent/Child 6months-3years

Learn to develop trust in the water

Preschool (3yr-5yr)

Learn water adjustment, floating, and moving through the water

Level One (6-12yr)

Introduction to Water Skills: Students will learn how to feel comfortable in the water and safely enjoy it.

Level two (6-12yr)

Fundamentals of Aquatic Skills: Children will learn basic swimming skills.

Level Three (6-12yr)

Stroke Development: Additional guided practice will help students improve their skills.

Level Four (6-12yr)

Stroke Improvement: Kids will gain confidence during swim lessons, improve their stroke and gain additional aquatic skills.

Level Five (6-12yr)

Stroke Refinement: Guidance allows kids to refine their strokes and become more efficient swimmers.

Level Six (6-12yr)

Students will learn to swim with ease and efficiency, and gain the ability to swim smoothly over greater distances

**TEENS
(13-17)**

**ADULTS
(18+)**

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



FERGUS FALLS FAMILY YMCA
1164 Friberg Ave North Fergus Falls, MN
56537 P 218.739.4489
www.fergusfallsymca.org



Spring Swim Lessons 2024

Staff Initials: _____
Date: _____ Paid: _____

Participant's Name: _____ Age: _____
Parent/Guardian's Name _____ Phone _____
Member ___ Potential Member ___ Email Address _____
Full Address _____

1 DAY A WEEK
Cost: Member \$ 55
Potential member \$ 95

TUESDAYS
 4:00-4:30PM PREK LEVEL 1
 4:35-5:05PM PARENT/CHILD
 5:10-5:40PM YOUTH LEVEL 3/4

THURSDAY AM:
 8:45- 9:15AM PREK LEVEL 1

THURSDAY PM:
 4:30-5:00PM YOUTH LEVEL 3/4
 5:05-5:35PM YOUTH LEVEL 1
 5:40-6:10PM YOUTH LEVEL 2
 6:30-7:00PM ADULTS

SATURDAY AM:
 8:00-8:35AM YOUTH LEVEL 5/6
 8:35-9:05AM YOUTH LEVEL 3/4
 8:35-9:05AM YOUTH LEVEL 1
 9:10-9:40AM YOUTH LEVEL 2
 9:10-9:40AM PREK LEVEL 1/2
 9:45-10:15AM TEEN
 9:45-10:15AM PARENT/CHILD

2 DAYS A WEEK
Cost: Member \$ 108
Potential member \$ 190
 April 8th - May 18th

MONDAY/WEDNESDAY LESSONS
 4:00-4:30PM YOUTH LEVEL 1
 4:35-5:05PM PREK LEVEL 2/3
 4:35-5:05PM YOUTH LEVEL 2
 5:10-5:40PM YOUTH LEVEL 3/4
 5:45-6:15PM YOUTH LEVEL 5/6

**Private & Semi-Private Lessons also
 Offered-see separate flyer**
**Did you Know? They YMCA has
 scholarships available for swimming
 lessons! Contact the Y for
 information.**

Times and classes subject to change due to class size and instructor availability. Minimum number for any class is 3 participants.

Questions?
Contact Anna Drenth, Aquatics Director
218-739-4489 Ext 211 or
adrenth@fergusfallsymca.org

INFORMED CONSENT and WAIVER OF LIABILITY

In consideration of the YMCA accepting this registration, I, for myself, and/or the minor(s) for whom I am signing, release and forever discharge the Fergus Falls Area Family YMCA and all connected with the YMCA, of and from any and all rights, claims, demands, and actions of any and every nature whatsoever, for any and all loss, damage, injuries sustained by me or my property, or by the minor(s) for whom I am signing on his/her property at any time. I declare that the above minor(s) is/are physically sound and medically approved to participate in the activities of the YMCA. I authorize use of any and all photographs taken of my child(ren) with the YMCA or on YMCA related trips to be used for the publicity of the YMCA, facility and programs.

Fergus Falls YMCA Program Cancellation and Refund Policy

Credit/refunds will not be given for individual program days missed. You must cancel at least 3 business days prior to the start of the program to receive full credit or refund. If you cancel after the deadline, we are not able to issue a credit or refund. The YMCA reserves the right to change, cancel or combine programs as necessary. If a program is cancelled, a full credit or refund will be issued. There will be no credit/refunds due to weather-related cancellations.

Parent/Guardian/Participant's (must be 18+): Signature _____ Date _____