

WINTER SESSION SWIMMING LESSONS

D A T E S :

**JAN 6TH -
FEB 15TH**



**CONFIDENT AND STRONG
SWIMMERS**

AGES: 6 MONTHS – ADULTS

**FERGUS FALLS FAMILY
YMCA**



**Parent/Child
6months-3years**

Learn to develop
trust in the water

**Preschool one
(3yr-5yr)**

Learn water
adjustment skills,
front and back float

**Preschool two
(3yr-5yr)**

Learn to move in the
water on their front
and back

**Level One
(6-12yr)**

Introduction to
water skills

**Level two
(6-12yr)**
Fundamental
Aquatic Skills: Learn
to float on back

**Level Three
(6-12yr)**
Stroke
Development

**Level Four
(6-12yr)**
Stroke
Improvement

**Teen
(13yr-17yr)**

**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



WINTER 2024

Staff Initials: _____
Date: _____ Paid: _____

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

MONDAYS AND WEDNESDAYS

Cost: Member \$108

Potential member \$190

Session: Saturday, January 6th-February 15th

12 - 30 minute classes TWO TIMES per week

Choose the level:

MONDAY & WEDNESDAY

4:00 - 4:30 PM ☐ Level 1

4:35 - 4:35 PM ☐ Level 2

5:10 - 5:40 PM ☐ Level 3/4

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

**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.**

TUESDAYS or THURSDAYS or SATURDAYS LESSONS

Cost: Member \$ 55

Potential member \$ 95

6- 30 minutes classes ONE TIME per week

Choose the level:

TUESDAYS: January 9th - February 13th

4:30-5:00pm ☐ Parent Child

5:05 - 5:35PM ☐ Preschool 1

5:40 - 6:10PM ☐ Level 3/4

THURSDAYS: January 11th -February 15th

8:45 - 9:15AM ☐ Preschool Level 1

5:05 - 5:35PM ☐ Preschool 2/3

5:40 - 6:10PM ☐ Level 2

SATURDAYS: January 6th-February 10th

8:30 - 9:00AM ☐ Level 2

9:05 - 9:35AM ☐ Level 1

9:40 - 10:10AM ☐ Parent/Child

Questions?

Contact Anna Drenth, Aquatics Director, at
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 _____