

CONFIDENT AND STRONG SWIMMERS



Monday, Tuesday, Wednesday
INTENSIVE 1:
FEBRUARY 26TH - MARCH 6TH
INTENSIVE 2:
MARCH 18TH - MARCH 27TH



WINTER INTENSIVE SWIMMING LESSONS

AGES: 6 MONTHS – 12 YEARS

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

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 INTENSIVES 2024

Staff Initials: _____

Date: _____ Paid: _____

Participant's Name: _____ Age: _____

Parent/Guardian's Name _____ Phone _____

Member _____ Potential Member _____ Email Address _____

Full Address _____

☐ INTENSIVE ONE

Feb 26th - Mar 6th

☐ INTENSIVE TWO

Mar 18th - Mar 27th

Cost: Member \$ 55

Potential member \$ 95

6- 30 minutes classes

MONDAY, TUESDAY, WEDNESDAYS:

4:00-4:30PM ☐ YOUTH LEVEL 1

4:00-4:30PM ☐ YOUTH LEVEL 4

4:35-5:05PM ☐ PRESCHOOL

4:35-5:05PM ☐ YOUTH LEVEL 2

5:10-5:40PM ☐ YOUTH LEVEL 3

5:10-5:40PM ☐ PARENT/ CHILD

5:45-6:15PM ☐ 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 _____