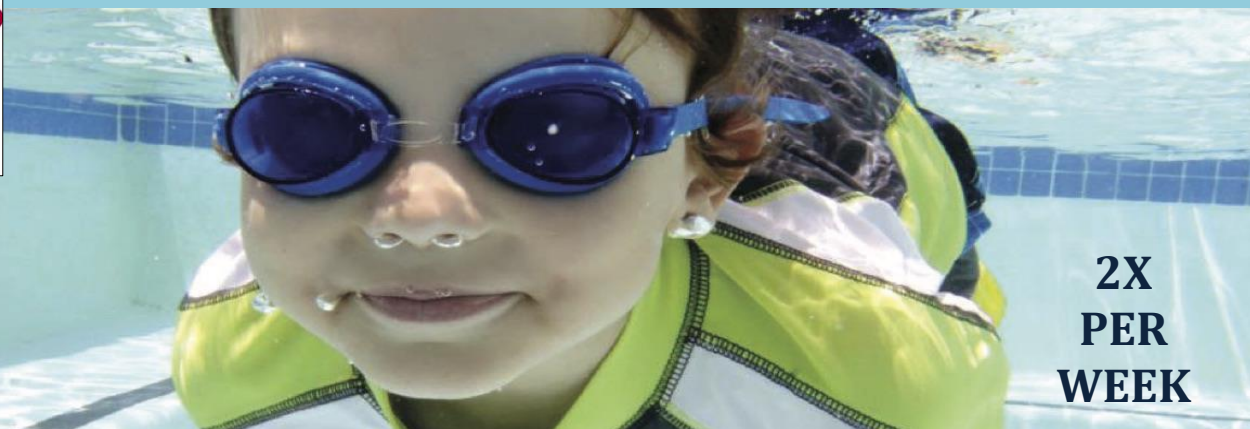


# SWIM LESSONS Summer 2023



**am**  
Classes

**2X  
PER  
WEEK**



**2-Sessions: June 26– July 20 & July 24 – August 17**

| Time    | Monday / Wednesday          | Tuesday/Thursday    |
|---------|-----------------------------|---------------------|
| 9:30am  | Watertoddlers w/parent      | Stingrays           |
|         | *9:45am Coached Swim Clinic | Star II             |
| 10:00am | Guppies w/parent            | Rays                |
|         | Star 2                      | Star I              |
| 10:30am | Star I                      | Star II             |
|         | Star II                     | Star I              |
|         | Rays                        |                     |
| 10:45am |                             | Coached Swim Clinic |
| 11:00am | Rays                        |                     |
|         | Star I                      | Star I              |
|         | Stingrays                   | Rays                |

**2 sessions:**  
**6/26-7/20 Session I**  
 8 classes (no class on 7/4)  
**7/24- 8/17 Session II**  
 8 classes

**30 Min Classes**  
 Member \$166  
 Non-Member \$206

**CSC - 45 Min**  
 Member \$190  
 Non-Member \$230

**REGISTRATION: June 5<sup>th</sup>**

*\*Classes are held in the rain but NOT during Thunder. If your class is canceled by the Club then you will receive a credit.*

Open enrollment for everyone begins June 5, 2023 6:30am - Online Registration only  
 Tue/Thur students will be pro-rated to 7 classes (no class on 7/4)  
 Spaces in class are held by payment only. Register online <https://kingsbury.clubautomation.com/>  
 Child must already be in our software system in order to register.  
 Please read registration instructions on page 2

## **SWIM PROGRAM LEVELS AND DESCRIPTIONS**

### **WATER TODDLER (13 months-3 years)**

½ hour class of water enjoyment for the parent / caregiver and child. Adults are instructed on proper holds and safety skills while helping the child become comfortable in the. Basic water skills will be taught such as blowing bubbles, arm paddling and back float. Class size: 8

### **Guppies (2.5-3yrs) (w/parent)**

For toddlers that have previously taken Watertoddlers class and are ready for this progressive class that will work on Starfish I skills. Class size: 5

### **Starfish I (3yr-5yrs) (level 1)**

Entry level class for children with little to no swimming skills, who can sit independently through a ½ hour swim lesson. Beginner stroke, front float, back float with sculling, blowing bubbles. Class size: 4

### **Starfish II (level 2)**

For children who can keep their face in the water for skills taught. Children should be able to swim independently without any floatation device- for a short distance. Class size: 4

### **RAYS (Level 2)**

For those who swim comfortably and independently but lack proper stroke. Focused on teaching the front and back crawl fundamentals, arm position, rhythmic breathing & treading water. Elementary backstroke will be taught. Will be swimming half the length of a lap lane. Class size Class size: 5

### **STINGRAYS (Level 3)**

Objective is to improve the front & back crawl. Rhythmic breathing is improved on. Breaststroke will be taught and butterfly will be introduced. Students are required to swim the length of our pool for distance repeatedly throughout class. Class size: 6

### **COACHED SWIM CLINIC (CSC)**

This 45 minute class is designed for participants who can swim the 4 competitive strokes; freestyle (crawl), backstroke, breaststroke and butterfly comfortably (not perfectly.) Emphasis will be on building strength and endurance through distance training. Racing starts, turns, and diving will be also taught. Class size: 6

### **PRIVATE LESSONS**

Private swim lessons are designed to meet your child's individual needs and goals. This 1-on-1 experience will benefit those students who require additional instruction and support. This type of instruction is also beneficial to the more advanced student who wants to fine tune their swimming skills. For children and adults.

***\*We cannot pro-rate or credit for missed classes/vacations. We cannot offer makeups.***

## **On-Line REGISTRATION INFORMATION – KINGSBURY CLUB**

Swim Lessons – Summer Swim Lessons

**Online registration** is available through our website [www.kingsburyclub.com](http://www.kingsburyclub.com) , click on “**MEMBER LOGIN Kingsbury Club Kingston**” and then Access My Account. Type in your child's name and your email address. Follow the system's prompts to create a password. Must be done on a computer not a phone initially. After set up then you can download Kingsbury Club's app if you would like ,on your phone for future registrations. Please remember when registering for a class if you see CALL- it means it is FULL.

**Your child must already be in our system , if they are not please email Lynn with your child's name , date of birth and town you live in, to create an account. [lynn@kingsburyclub.com](mailto:lynn@kingsburyclub.com)**

(10% sibling discount for non-members) –please email [lynn@kingsburyclub.com](mailto:lynn@kingsburyclub.com) after you have registered for your sibling discount to be credited back to your credit card. For Non-Members only

***If you have questions regarding classes or levels please call or email Lynn Gillespie Lappas at 781-936-0396 or [lynn@kingsburyclub.com](mailto:lynn@kingsburyclub.com)***