

SWIM LESSONS Spring 2023

No classes
Memorial Day
weekend ; Fri, Sat
& Mon (prorated
to 5 weeks)



MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

8:30am						Waterbabies
9:00am						Star I / Watertoddlers
9:30am				Star I	Watertoddlers	Star I / Guppies
10:00am		Star I	Star I	Star I	Star I	Star II / Star I / Stingrays
10:30am		Star II	Star II	Guppies		Rays / Star II / Int. CSC
11:00am						Star II / Star I
3:00pm					Int. CSC	
3:45pm		Adv. CSC			Int. CSC	
4:00pm	Star I		Star I	Star II		
4:30pm	Star II	Star II	Star II	Star I /Int. CSC	Rays/ Stingrays	
5:00pm	Rays / Int CSC	Stingrays	Adv. CSC Star I	Star I *5:15 Adv CSC	Stingrays / Rays	
5:30pm		Rays	Star II	Rays	Rays	
						

6 WEEK SESSION
April 24th – June 3rd 2023

Mon, Fri & Sat classes are prorated to 5 weeks –no classes Memorial Day weekend

30 MIN CLASSES

Member \$124.50

Non-Member \$154.50

CSC 45 MINUTE CLASSES

Member \$142.50

Non-Member \$172.50

ENROLLMENT

***Pre-registration:**

Mon April 10th

(*for currently enrolled only)

Open registration:

Mon April 17th

SWIM PROGRAM LEVELS AND DESCRIPTIONS

WATER BABIES (6 months-1 year) and WATER TODDLER (13 months-3 years) (w/parent)

These are ½ hour classes of water enjoyment for the child w/ parent. Adults are instructed on proper holds and safety skills while helping the child become comfortable in the water. Basic water skills will be taught such as blowing bubbles, arm paddling, kicking and back float. (8)

GUPPIES (2.5-3yrs) (w/parent)

For toddlers that have already taken Watertoddlers or similar class and are ready for this progressive class that will introduce Level 1 skills. (5)

STARFISH I (Level 1)

Entry level class for children ages 3 & up with little to no swimming skills, who can sit independently through a ½ hour swim lesson. Beginner stroke, blowing bubbles, back float. Class size (4).

STARFISH II (Level 1)

For children who can keep their face in the water for the skills taught. Children should be able to swim independently without any floatation device. 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 and elementary backstroke. (5)

STINGRAYS (Level 3)

Objective is to improve the front & back crawl. Rhythmic breathing is improved on. Elementary backstroke and breaststroke will be taught/improved on. Students are required to swim the length of our pool for distance. (5).

COACHED SWIM CLINIC (CSC)

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

PRIVATE LESSONS

There are no spots available for spring session for 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 or adult who wants to fine tune their swimming skills. See our website for prices Contact Lynn for scheduling.

On-Line REGISTRATION INFORMATION – KINGSBURY CLUB

Swim Lessons – Spring Session: April 24th – June 3th 2023

Online registration is available through our website 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 on your phone for future registrations.

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

(10% sibling discount for non-members) –please email 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