

SWIM LESSONS Early Fall 2023



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30AM						Waterbabies
9:00AM			Guppies			Watertoddlers
9:30AM	Waterbabies		Star I		Watertoddlers	Guppies
10:00AM		Star I	Star II	Star I	Star I	Star I / Stingrays
10:30AM		Star II	Star I	Star II		Star II / Int CSC
11:00AM						Star I
11:30AM						
3:00PM						
3:30PM			Int CSC			
4:00PM	Star I	Rays	Star I			
4:15PM			Stingrays			
4:30PM	Star II Stingrays	Star II	Star II *4:45p Adv CSC	Int CSC	Rays	
5:00PM	Rays *5:15 Int CSC	Stingrays	Star I	*5:15pm Stingrays	Stingrays	
5:30PM		CSC-ADV	Star II Rays			

6 WEEK SESSION
 Oct 2nd - Nov 11th
*No afternoon classes on 10/31
 swimmers prorated to 5 wks*

30 Min Classes-
 Members \$124.50
 Non-members \$154.50

45 Min Classes- CSC
 Member \$142.50
 Non-member \$172.50

ENROLLMENT
 Registration opens Sept 11th –
 6:30am online only
See back for onine registration info

10% sibling discount for
 non-members

**please notice the time*



SWIM PROGRAM LEVELS AND DESCRIPTIONS

WATER BABIES (6 months-1 year)
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 water. Basic water skills will be learned such as blowing bubbles, arm paddling, kicking and back float. (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. (5)

STARFISH I (Level 1)
Entry level class for children ages 3 + with little to no water skills who can sit independently through a ½ hour swim lesson. Proper kicking, arm movement, blowing bubbles and floating on the back will be taught. Class size (4). Parents will sit close by on deck to ensure safety.

STARFISH II (Level 1)
For children who have previously participated in a swim class and are comfortable keeping their face in the water for the skills taught. Children should be able to swim independently without any floatation device. Class size (4). Parents will sit close by on deck to ensure safety.

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. Class size (5).

STINGRAYS (Level 3)
Objective is to improve the front & back crawl. Rhythmic breathing is improved on. Elementary backstroke and breaststroke will be taught. Students are required to swim the length of our pool for distance. Class size (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 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)
Advanced and Intermediate levels offered.

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. *(see Private Lesson prices sheet)*

REGISTRATION

* Online registration is available through our website by clicking on "MEMBER LOGIN" and then "REGISTER FOR CLASSES." **Child must already be in our system for on-line registration. Also to register from your phone: download Kingsbury Club app *child must already be in system and you will need to set up login/password info first on a computer.**

Please call Lynn to register **if child is not in our registration software system.**

Questions regarding classes or levels please call or email Lynn Gillespie Lappas at 781-936-0396 lynn@kingsburyclub.com

On-Line REGISTRATION INFORMATION – KINGSBURY CLUB

Swim Lessons – Early Fall Session: Oct 2nd – Nov 11th 2023

Online registration is available through our website kingsburyclub.com , click on the "AQUATICS" tab and then "Register for Lessons". **Now you are in Club Automation our registration software - Click on "Access My Account"** and 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 or fill out "Create an Account" under the Aquatics tab on the website.

(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