

GIRLS & BOYS



HIGH SCHOOL SWIM TEAM PREP

Focusing on building aerobic base before the Patriot League swim season begins but also concentrating on stroke skills as well as starts and turns. Coached by Pembroke High School swim team coach Brian Noyes. This group class will help any level swimmer get a head start on the season.

TUESDAYS & THURSDAYS
SUNDAYS 12:30PM-1:45 PM
OCT 17TH - NOV 19TH 2023

7 PM-8 PM

1X/WEEK \$90 MEMBER

\$115 NON-MEMBER

2-3X/WEEK \$180 MEMBER

\$230 NON-MEMBER



186 Summer St. Kingston, MA • kingsburyclub.com



REGISTRATION FORM - Swim Team Prep

Name _____

Address _____

Phone _____ Email _____

Emergency Contact _____ Phone _____

Membership Type: Member Non-Member

Payment: House Charge Check Credit Card _____

Exp Date _____ Security Code _____

The Kingsbury Club & Spa reserves the right to photograph program participants for publicity purposes, in print or electronic media

Participant Signature _____ Date _____