

SWIM LESSONS Late Fall 2023



No classes on Thur, Fri & Sat of Thanksgiving weekend Nov 23,24 & 25. Session will be pro-rated to 4 weeks.

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

8:30AM						Waterbabies
9:00AM			Guppies			Watertoddlers
9:30AM	Waterbabies		Watertoddlers		Watertoddlers	Guppies / Star I
10:00AM		Star I	Star II	Star I	Star I	Star I / Star II / Stingrays
10:30AM		Star II	Star I	Star II		Star II / Rays / CSC (Beg)
11:00AM						Star I / Rays
3:00PM						
3:30PM			CSC INT	Star I		
4:00PM	Star I	Rays Star II	Star I	Star II		
4:15PM			Stingrays			
4:30PM	Star II Stingrays	Star II Star I	Star II *4:45p CSC ADV	Rays Int. CSC	Rays	
5:00PM	Rays CSC INT	Stingrays Star I	Star I	*5:15pm Stingrays	Stingrays	
5:30PM		CSC ADV	Star II Rays			

5 WEEK SESSION
Mon Nov 20th- Sat Dec 23rd

30 Min Classes
 Members \$103.75
 Non-members \$128.75

CSC 45 Min Classes
 Member \$118.75
 Non-member \$143.75

ENROLLMENT
 Pre-Registration - **TUE Nov 7th**
 (for currently enrolled)

Open Registration - **Mon Nov 13th**
 10% sibling discount for non-members

**Thur, Fri and Sat lessons are prorated to 4 weeks
 Due to the Thanksgiving holiday*



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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 and back float. (8)

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

For toddlers that have already taken Watertoddlers class and are ready for this progressive class that will introduce Level 1 skills.
(5)Parent/caregiver will be in water.

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). Parent will sit close by on deck to ensure safety.

STARFISH II (Level 2)

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).Parent will sit close by on deck to ensure safety.

RAYS (Level 3)

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 (4).

STINGRAYS (Level 4)

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. (6) Intermediate and Advanced 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. *(see private lesson price 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.** Also to register from your phone: download Kingsbury Club app *child must already be in our system and you must initially have created a login and password from a computer. Please call Lynn to register over the phone if child is not in our registration software.
Questions regarding classes or levels please call or email Lynn Gillespie Lappas at 781-936-0396 or lynn@kingsburyclub.com

On-Line REGISTRATION INFORMATION – KINGSBURY CLUB

Swim Lessons – Late Fall Session: Nov 20th – Dec 23rd 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

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