

SWIM LESSONS Late Winter 2024



Fri and Sat lessons will not have lessons on 3/29 and 3/30 -Easter weekend & will be pro-rated to 6 weeks.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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8:30AM						Watertoddlers
9:00AM			Guppies			Star I / Watertoddlers
9:30AM	Star I		Watertoddlers		Watertoddlers	Star I / Guppies
10:00AM		Star I	Star I	Star I	Starfish I	Star II / Star I / Stingrays
10:30AM		Star II	Star I	Star II		Rays / Star II / CSC-INT
11:00AM						Star I / Star I
						<p>7 WEEK SESSION Feb 26th – April 13th <i>Fri and Sat lessons will be pro-rated to 6 weeks No Classes on 3/29 & 4/8.</i></p> <p>30 Min Classes Members \$147 Non-members \$182</p> <p>CSC 45 Min Classes Member \$168 Non-member \$203</p> <p>ENROLLMENT Pre-Registration – Feb 5th (for currently enrolled)</p> <p>Open registration begins Feb 12th</p> <p>10% sibling discount for non-members</p>
3:30PM		Star I	CSC-INT	Star I		
4:00PM	Star I	Rays Star II	Star I / Star II *4:15 Stingrays	Star II		
4:30PM	Star II / Stingrays	Star II Rays	Star II / Star I *4:45 CSC-INT	Rays / Int. CSC	Rays	
5:00PM	Rays / CSC-INT	Stingrays	Star I / Star I		Stingrays	
5:30PM		CSC- ADV	Star II / Star I Rays			
6:00PM						



SWIM PROGRAM LEVELS AND DESCRIPTIONS

WATER BABIES (6 months-1 year)

Not offered during this session.

WATER TODDLER (12 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 a water environment. Basic water skills are taught; 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 & up that have 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. Parent will sit close by on pool deck to ensure child's safety. Class size (4).

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. Front and back streamline position, beginner stroke and backfloat will be progressed and strengthened. 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. Class size (5).

STINGRAYS (Level 3)

Objective is to improve the front & back crawl. Rhythmic breathing is improved on. Elementary backstroke & breaststroke kick 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 (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. (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.

REGISTRATION

* Online registration is available through our website by clicking on "MEMBER LOGIN" and then "Access my account." **Child must already be in our system.** Your child does not have to be a member to register for swim. Please email Lynn to set up an account for you child if they are not in our registration system. Email child's name, date of birth and town you live in. Online registration can take place after this step.

lynn@kingsburyclub.com

On-Line REGISTRATION INFORMATION – KINGSBURY CLUB

Swim Lessons – Late Winter Session: Feb 26th – April 13th 2024

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