

# SWIM LESSONS Spring 2024

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

8:30am						Waterbabies/Toddlers
9:00am			Guppies			Star I / Watertoddlers
9:30am	Star I		Watertoddlers		Watertoddlers	Star I / Guppies
10:00am		Star I	Star I	Star I	Star 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
3:30pm			CSC- INT	Star I		
4:00pm	Star I	Rays /Star II	Star I / Star II	Star II		
4:30pm	Star II Stingrays	Star II / Rays	*4:15p Stingrays Star II / Star I *4:45p CSC-INT	Rays / CSC -INT	Rays	
5:00pm	Rays / CSC- INT	Stingrays	Star I / Star I	*5:15 Stingrays	Stingrays	
5:30pm		CSC-ADV	Star II / Star I Rays			

**6 WEEK SESSION**  
**April 22nd - June 1st 2024**

*Mon,Fri & Sat classes are pro-  
rated to 5 weeks -no classes  
Memorial Day weekend*

**30 MIN CLASSES**

Member \$126  
Non-Member \$156

**CSC 45 MINUTE CLASSES**

Member \$144  
Non-Member \$174

**ENROLLMENT**

**\*Pre-registration:**  
**TUE April 2nd**  
(\*for currently enrolled only)

**Open registration:**  
**MON April 8<sup>th</sup>**



# 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). Must be able to swim on their own a short distance.

## **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. Must be able to swim half the length of the pool beginner stroke/backfloat. (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. Scheduling now for summer.***

## **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](mailto:lynn@kingsburyclub.com)

## **On-Line REGISTRATION INFORMATION – KINGSBURY CLUB**

Swim Lessons – Spring Session: April 22<sup>nd</sup> – June 1st 2024

Online registration is available through our website [www.kingsburyclub.com](http://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](mailto:lynn@kingsburyclub.com)**

(10% sibling discount for non-members) –please email [lynn@kingsburyclub.com](mailto: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](mailto:lynn@kingsburyclub.com)***