

Swim Lessons

1-One Week Pre Summer

June 17th - June 21st



	MON	TUE	WED	THU	FRI
9:30 AM	Starfish II	Starfish II	Starfish II	Starfish II	Starfish II
10:00 AM	Starfish I	Starfish I	Starfish I	Starfish I	Starfish I
10:30 AM	Starfish I	Starfish I	Starfish I	Starfish I	Starfish I
10:30 AM	Starfish II	Starfish II	Starfish II	Starfish II	Starfish II
11:00 AM	Rays	Rays	Rays	Rays	Rays
11:30 AM	Stingrays	Stingrays	Stingrays	Stingrays	Stingrays
12:00 PM	CSC	CSC	CSC	CSC	CSC

Registration begins May 13th

MEMBERS \$105
NON-MEMBERS \$130

10% OFF 2ND
NON-MEMBER CHILD

CLASSES MEET
MONDAY - FRIDAY
FOR 30 MINUTES



Swim Level Program & Descriptions

Starfish I This is an entry level class for children ages 3 and up with little or no water skills who can sit independently through a half hour swim lesson. This class is taught with a kickboard and noodle; no other flotation devices are used. The skills taught in this class include: proper kicking, arm movement, blowing bubbles and floating on the back. Class size is limited to 3 students.

Starfish II This class is 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 (doggie paddle) without the use of ANY flotation device. Skills to be taught include: Front and back streamline position as well as reinforced safety techniques. Class size is limited to 3 students.

Rays 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.

Stingrays: 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, repeatedly with breaks.

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 taught.

Private Lessons

Private swim lessons are designed to meet your child's individual needs and goals. This one-on-one 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

- On-line registration is available through our website by clicking on MEMBER LOG-IN and then REGISTER FOR CLASSES.
- If you have questions regarding classes or levels please call or email Lynn Lappas at 781-936-0396 or lynn@kingsburyclub.com.

On-Line REGISTRATION INFORMATION – KINGSBURY CLUB

Swim Lessons – Pre Summer Session: June 17th-21st 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, to create an account. Email 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.

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