

SWIM LESSONS Early Fall 2024

Classes meet 1x per week.

No afternoon classes on 10/31



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

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

7 WEEK SESSION
 Sept 23rd - Nov 9th
*No afternoon classes on 10/31
 swimmers prorated to 6 wks*

30 Min Classes-
 Members \$147
 Non-members \$182

45 Min Classes- CSC
 Member \$168
 Non-member \$203

ENROLLMENT
 Registration opens Sept 9th –
 6:30am online only
See back for online registration info

10% sibling discount for non-members

**please notice the time*



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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, kicking and back float. (8)

Guppies (2.5-3yrs) (w/parent)
For toddlers that have previously taken Watertoddlers class and are ready for this progressive class that will work on Starfish I skills. (5)

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

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. Class size (4). Parents will sit close by on deck to ensure safety.

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 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. Class size (6)
Advanced and Intermediate 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. For children and adults. *(see Private Lesson prices 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 for on-line registration. Also to register from your phone: download Kingsbury Club app *child must already be in system and you will need to set up login/password info first on a computer.**

Please call Lynn to register **if child is not in our registration software system.**

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

On-Line REGISTRATION INFORMATION – KINGSBURY CLUB

Online registration is available through our website kingsburyclub.com , click on the "AQUATICS" tab and then "Register for Lessons". Now you are in Club Automation registration software - Click on "Access My Account" and 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 or fill out "Create an Account" under the Aquatics tab on the website.

(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