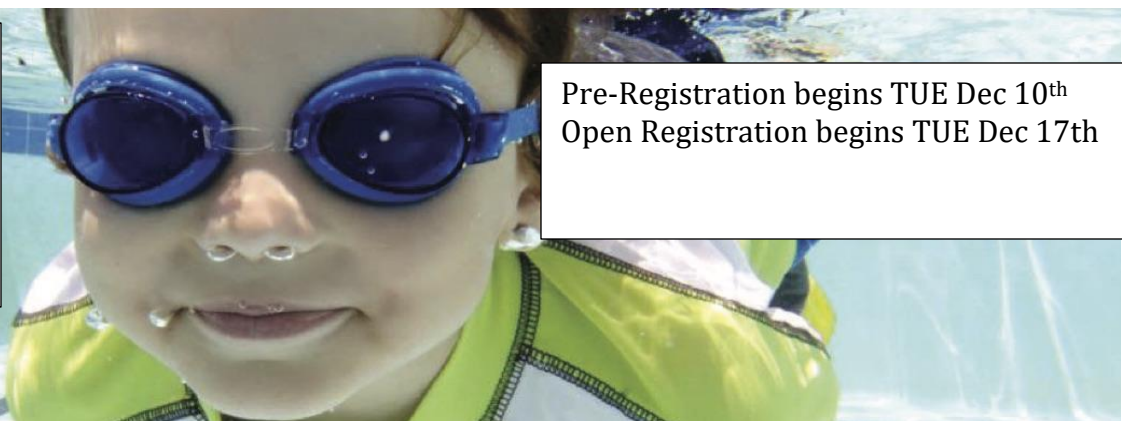


# SWIM LESSONS Early Winter 2025

Session begins on Thursday Jan 2nd  
 \*Monday-Wed students will be prorated to 6 weeks  
 \* We DO have lessons on Jan 20<sup>th</sup> MLK day



Pre-Registration begins TUE Dec 10<sup>th</sup>  
 Open Registration begins TUE Dec 17<sup>th</sup>

|         | MONDAY               | TUESDAY              | WEDNESDAY           | THURSDAY                | FRIDAY        | SATURDAY                     |
|---------|----------------------|----------------------|---------------------|-------------------------|---------------|------------------------------|
| 8:30AM  |                      |                      |                     |                         |               | Watertoddlers                |
| 9:00AM  |                      |                      | Guppies             |                         |               | Watertoddlers / Star I       |
| 9:30AM  | Star I               |                      | Watertoddlers       |                         | Watertoddlers | Guppies / Star I / Rays      |
| 10:00AM |                      | Star I               | Star I              | Star I                  | Starfish I    | Star I / Star II / Stingrays |
| 10:30AM |                      | Star II              | Star I              | Star II                 |               | Star II / Rays               |
| 11:00AM |                      |                      |                     |                         |               | Star I                       |
|         |                      |                      |                     |                         |               |                              |
|         |                      |                      |                     |                         |               |                              |
|         |                      |                      |                     |                         |               |                              |
| 3:45PM  |                      | Rays                 |                     |                         |               |                              |
| 4:00PM  | Star I               | Star I               | Star II             | Star I                  |               |                              |
| 4:30PM  | Star II<br>Stingrays | Star II<br>Stingrays | Star I<br>Stingrays | Star II<br>CSC -INT     | Stingrays     |                              |
| 5:00PM  | Rays<br>CSC- INT     | Star II<br>CSC-ADV   | Star I<br>CSC-INT   | Star I<br>*5:15 CSC-BEG | Rays          |                              |
| 5:30PM  |                      |                      | Star II             | Rays                    |               |                              |
| 6:00PM  |                      |                      |                     |                         |               |                              |

**7 WEEK SESSION**  
**Jan 2nd - Feb 15<sup>th</sup>**

**30 Min Classes**  
 Members \$148.75  
 Non-members \$183.75

**CSC 45 Min Classes**  
 Member \$169.75  
 Non-member \$204.75

**ENROLLMENT**  
 Pre-Registration -TUE DEC 10<sup>th</sup>  
 (for currently enrolled)  
 Open registration -TUE Dec 17<sup>th</sup>

Session begins on a Thursday 1/2/25  
 Mon-Wed students prorated to 6 weeks  
 There IS class on MLK day

10% sibling discount for non-members



186 Summer Street Kingston, MA 02364 (781)585-3883

# SWIM PROGRAM LEVELS AND DESCRIPTIONS

## **WATER BABIES (6 months-1 year)**

*Not offered during this session.*

## **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 a water environment. Basic water skills are taught; blowing bubbles, arm paddling and back float. (8)

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)

## **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 deck to ensure child's safety. Class size (4).

Proper kicking, arm movement, blowing bubbles and floating on the back will be taught. Parent will sit close by on 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 as well as reinforced safety techniques will be taught. Parent will sit close by for safety. (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 will be taught. Students will work on building their endurance. (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) Beg, Intermediate and Adv 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.

## **REGISTRATION**

\* Online registration is available through our website by clicking on "MEMBER LOGIN" and then "REGISTER FOR CLASSES." **Once you have created an online password and login** (must be done on a computer ) you can now register from the Kingsbury Club app on your phone.

**Child must already be in our system.** *Questions regarding classes or levels please call or email Lynn Gillespie Lappas at 781-936-0396 or [lynn@kingsburyclub.com](mailto:lynn@kingsburyclub.com)*

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

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)***