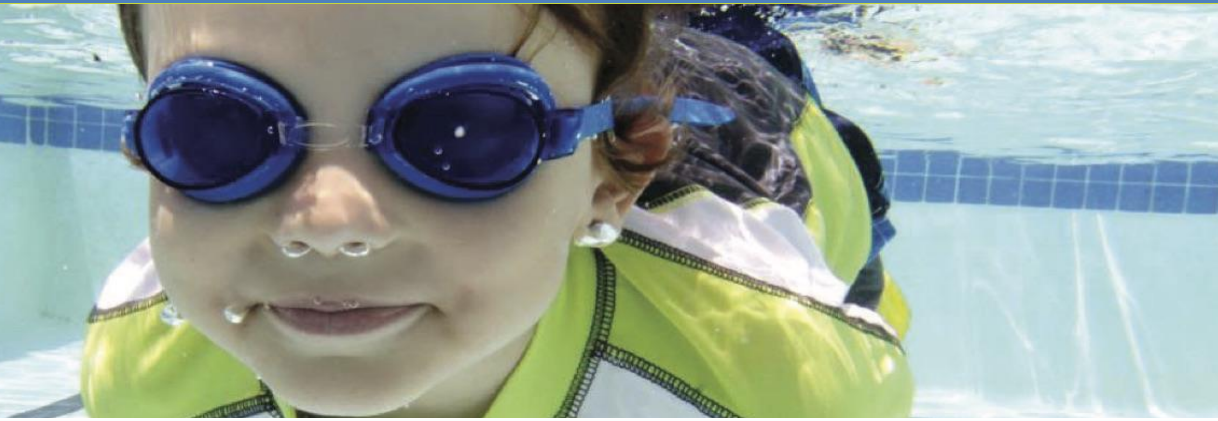


# SWIM LESSONS Spring 2025

No classes  
Memorial Day  
weekend ; Fri, Sat  
& Mon 5/23-5/26  
(prorated to 4  
weeks)



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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

**5 WEEK SESSION**  
**April 28th - May 31st 2025**

*Mon, Fri & Sat classes are pro-  
rated to 4 weeks -no classes  
Memorial Day weekend*

**30 MIN CLASSES**

Member \$106.25  
Non-Member \$131.25

**CSC 45 MINUTE CLASSES**

Member \$121.25  
Non-Member \$146.25

**ENROLLMENT**

**\*Pre-registration:**  
**Mon April 7th**  
(\*for those enrolled in the late  
winter group lessons)

**Open registration:**  
**MON April 14<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

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. Parents will sit close by on deck to ensure child's safety in class. Class size (4).

### STARFISH II

For children who have previously participated in a swim class and are comfortable having their face under water for swimming short distances. Children should be able to swim independently without any floatation device, short distances. Class size (4).

### 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. Must be able to swim half the length of the pool beginner stroke/backfloat. (5)

### 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. (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

*Private swim lessons are limited in the spring session but some are still available, please email [lynn@kingsburyclub.com](mailto:lynn@kingsburyclub.com) for details.*

### 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 your 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**

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)***