SWIM LESSONS Early Winter 2027



* We DO have lessons on Jan 18th MLK day

Re-Registration-**Mon Dec 7th at 6:30am**

Only for children who are currently in Early Fall group swim

Open Registration-**Mon Dec 14th (open at any time on that date)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30AM						Watertoddlers-Waterbabies Combined Class
9:00AM			Star I			Watertoddlers / Star I / Star II
9:30AM	Star I		Watertoddlers		Watertoddlers	Guppies / Star II / Star I
10:00AM		Star I	Star I	Star I	Starfish I	Star I / / Rays
10:30AM		Star II		Star I		Star II / Stingrays
11:00AM						Star I
4:00PM	Star I		Star II	Star I		
4:30PM	Star II Stingrays	Stingrays	Star I CSC-BEG	Star II		
5:00PM	Rays CSC- INT	CSC-ADV	Star I CSC-INT	Star I		
5:30PM			Star II	Rays		
6:00PM						

6 WEEK SESSION

Jan 4th – Feb 13th

30 Min Classes
Members $130.50
Non-members $160.50

CSC 45 Min Classes
Member $148.50
Non-member $178.50

ENROLLMENT
RE-Registration :Mon DEC 7th
(For kids currently in Early Fall Group)

Open registration :Mon DEC 14th

*There IS class on MLK day

10% sibling discount for non-members

KINGSBURY CLUB KINGSTON

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

SWIM PROGRAM LEVELS AND DESCRIPTIONS

WATER BABIES (6 months-1 year)*Combined class with toddlers*
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. (10)

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).

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*

RE-Registration is only for children who are currently in group swim lessons.
Open Registration is open to anyone

On-Line REGISTRATION INFORMATION – KINGSBURY CLUB

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, if you don't have one. Must be done on a computer not a phone initially. After setup then you can download **Kingsbury Club's App** on your phone for 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. lynnl@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. 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