

SWIM LESSONS Early Winter 2022

Pre-Registration begins Dec 6th
Open Registration begins Dec 13th

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

| | | | | | | |
|---------|-----------------|-----------|--------------------------|---------------------------|-----------|---------------------------------|
| 8:30AM | | | | | | Watertoddlers |
| 9:00AM | | | | | | Watertoddlers |
| 9:30AM | | | Star I | | | Star I / Guppies |
| 10:00AM | | Star I | Star II | Star I | | Star II / Star I / Stingrays |
| 10:30AM | | Star II | | | | Star II / Rays / Adv. CSC |
| 11:00AM | | | | | | Rays / Star I / *11:15 Int. CSC |
| | | | | | | |
| | | | | | | |
| 3:00PM | | | Adv. CSC | | | |
| 3:45PM | | Adv. CSC | Int. CSC | | | |
| 4:00PM | Star I | | Star I | Star I / Stingrays | | |
| 4:15PM | | | | | | |
| 4:30PM | Star II | Star I | Stingrays / Star II | Star II / Int. CSC | Rays | |
| 5:00PM | Rays Int CSC | Stingrays | Adv CSC Star I / Rays | Star I / *5:15 Adv CSC | Stingrays | |
| 5:30PM | | Rays | Rays / Star II | Star II | | |
| 6:00PM | | | | | | |

7 WEEK SESSION
Jan 3rd - Feb 19th

30 Min Classes
Members \$141.75
Non-members \$176.75

CSC 45 Min Classes
Member \$162.75
Non-member \$201.25

ENROLLMENT
Pre-Registration - DEC 6th
(for currently enrolled)

Open registration begins Dec 13th

10% sibling discount for non-members



186 Summer Street Kingston, MA 02364

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)

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. (5)

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.** Please call Lynn to register or fill out this form 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 or lynn@kingsburyclub.com*

REGISTRATION FORM – KINGSBURY CLUB Swim Lessons - all parents are encouraged to do online registration – if the child is not in our registration system then please fill out the below info.

Child's Name: _____ Birthday: _____

Parent's Name: _____ Phone: _____

Mailing Address: _____ Email: _____

Payment Method House Charge Check Credit Card Membership Type Member Non-member
Card # _____ EXP Date _____ Cvv _____

1st Choice Class Time: _____ 2nd Choice Class Time: _____

The Kingsbury Club & Spa reserves the right to photograph participants for publicity purposes in print or electronic media. I understand that I must supervise my child while they are in swim lessons. I am responsible for their safety and will be on the pool deck for the duration of the swim lesson.