

SWIM LESSONS Late Fall 2020



***No classes on Thur, Fri & Sat of Thanksgiving weekend Nov 26,27 & 28. Session will be pro-rated to 5 weeks.**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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8:30AM						Waterbabies
9:00AM						Watertoddlers
9:30AM	Watertoddlers					Guppies
10:00AM		Star I	Star II			Star I / Stingrays
10:30AM					Star I	Rays / CSC (Adv)(45min)
11:00AM						Star I
3:45PM		Adv. CSC (45)	Int. CSC (45)			
4:00PM			Star I	Stingrays	Rays	
4:15PM						
4:30PM	Star II	Star I	Rays / Star II	Int. CSC (45)	Star II	
5:00PM	Rays	Rays	Star I / Rays Adv. CSC (45)		Rays	
5:30PM	Rays	Stingrays	Star II	*5:15pm Adv. CSC (45)		

6 WEEK SESSION
Nov 9th – Dec 19th 2020
30 Min Classes
 Members \$118.50
 Non-members \$148.50
30 Min Classes/Semi private
Starfish I and II
 Members \$160
 Non-Members \$180

CSC 45 Min Classes
 Member \$136.5
 Non-member \$169.50

ENROLLMENT
 Pre-Registration - Mon Oct 26th
 (for currently enrolled)

 Open Registration – Mon Nov 2nd
 10% sibling discount for non-members

**Thur, Fri and Sat lessons are prorated to 5 weeks
 Due to the Thanksgiving holiday*



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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 a water environment. Basic water skills will be learned such as blowing bubbles, arm paddling and back float. (4 max)

GUPPIES (2.5-3yrs) (w/parent)

For toddlers that have already taken Watertoddlers class and are ready for this progressive class that will introduce Level 1 skills.
(4)Parent/caregiver will be in water.

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 (2). Parent will sit behind child to maintain 6 ft from other participant.

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 (2).

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 (3).

STINGRAYS (Level 3)

Objective is to improve the front & back crawl. Rhythmic breathing is improved on. Elementary backstroke will be taught. Breaststroke will be introduced. Students are required to swim the width of our pool for distance, working up to the length. Class size (4).

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. (4)

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 (tablet or computer) by clicking on "MEMBER LOGIN" and then "REGISTER FOR CLASSES." **Child must already be in our system.** Also to register from your phone: download Kingsbury Club app *child must already be in our system.

Please call Lynn to register over the phone or fill out this form if child is not in our registration software system.

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

REGISTRATION FORM – KINGSBURY CLUB Swim Lessons – Late Fall: Nov 9th – Dec 19th 2020

Child's Name: _____ Birthday: _____

Parent's Name: _____ Phone: _____

Mailing Address: _____ Zip _____ 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.

Parent's Signature: _____ Date: _____