

# SWIM LESSONS Late Fall 2021

**\*No classes on Thur, Fri & Sat of Thanksgiving weekend Nov 25,26 & 27. Session will be pro-rated to 5 weeks.**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30AM						Waterbabies
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 / CSC (Adv)
11:00AM						Rays / Star I / *11:15 CSC (Int)
3:00PM			Adv. CSC (45)			<p><b><u>6 WEEK SESSION</u></b>  <b>Nov 8<sup>th</sup> – Dec 18<sup>th</sup> 2021</b></p> <p><b><u>30 Min Classes</u></b>                      Members \$118.50                      Non-members \$148.50</p> <p><b><u>CSC 45 Min Classes</u></b>                      Member \$136.5                      Non-member \$169.50</p> <p><b><u>ENROLLMENT</u></b>                      Pre-Registration - Mon Oct 25<sup>th</sup>                      (for currently enrolled)</p> <p>Open Registration – Mon Nov 1<sup>st</sup>                      10% sibling discount for non-members</p> <p><i>*Thur, Fri and Sat lessons are prorated to 5 weeks                      Due to the Thanksgiving holiday</i></p>
3:45PM		Adv. CSC (45)	Int. CSC (45)			
4:00PM	Star I		Star I	Star I / Stingrays		
4:15PM						
4:30PM	Star II	Star I	Rays / Star II	Star II / Int. CSC (45)	Rays	
5:00PM	Rays / Int. CSC (45)	Stingrays	Star I / Rays Adv. CSC (45)	Star I / *5:15pm Adv CSC	Rays	
5:30PM		Rays	Star II / Star II	Star II		



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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. ( 7 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.  
**(5)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 (4). Parent will sit close by on deck to make sure child stays safe.

**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 (4).Parent will sit close by on deck to make sure child stays safe.

**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 (4).

**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. (5) Intermediate and Advanced 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." **Child must already be in our system.** Also to register from your phone: download Kingsbury Club app \*child must already be in our system and you must initially have created a login and password from a computer. Please call Lynn to register over the phone if child is not in our registration software.  
*Questions regarding classes or levels please call or email Lynn Gillespie Lappas at 781-936-0396 or [lynn@kingsburyclub.com](mailto:lynn@kingsburyclub.com)*

## **REGISTRATION FORM – KINGSBURY CLUB Swim Lessons – Late Fall: Nov 8<sup>th</sup> – Dec 18<sup>th</sup> 2021**

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 \_\_\_\_\_

1<sup>st</sup> Choice Class Time: \_\_\_\_\_ 2<sup>nd</sup> 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: \_\_\_\_\_