

# SWIM LESSONS Early Fall 2022



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30AM						<b>Waterbabies</b>
9:00AM						<b>Watertoddlers</b>
9:30AM						<b>Guppies</b>
10:00AM		<b>Star I</b>	<b>Star I</b>	<b>Star I</b>		<b>Star I / Stingrays</b>
10:30AM		<b>Star II</b>	<b>Star II</b>			<b>Star II / Adv CSC</b>
11:00AM						<b>Star I / Int CSC *11:15am</b>
11:30AM						<p><b>6 WEEK SESSION</b>                      Sept 19<sup>th</sup> -Oct 29<sup>th</sup></p> <p><b>30 Min Classes-</b>                      Members \$124.50                      Non-members \$154.50</p> <p><b>45 Min Classes- CSC</b>                      Member \$142.50                      Non-member \$172.50</p> <p><b>ENROLLMENT</b>                      Registration begins Aug 22nd                      See back for on-line registration info</p> <p>10% sibling discount for non-members</p>
3:00PM			<b>Int CSC</b>			
3:45PM		<b>Adv CSC</b>	<b>Int CSC</b>			
4:00PM	<b>Star I</b>		<b>Star I</b>	<b>Star II/ Stingrays</b>		
4:15PM						
4:30PM	<b>Star II</b>	<b>Star II</b>	<b>Stingrays / Star II</b>	<b>Star I/ Int CSC</b>	<b>Rays</b>	
5:00PM	<b>Rays</b> <b>Int CSC</b>	<b>Stingrays</b>	<b>Rays / Star I</b> <b>Adv CSC</b>	<b>Star I/ *5:15pm</b> <b>Adv CSC</b>	<b>Stingrays</b>	
5:30PM		<b>Rays</b>	<b>Star II</b>	<b>Rays</b>		

*\*please notice the time*



# 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 the water. Basic water skills will be learned such as blowing bubbles, arm paddling, kicking and back float. (8)

### **Guppies (2.5-3yrs) (w/parent)**

For toddlers that have previously taken Watertoddlers class and are ready for this progressive class that will work on Starfish I skills. (5)

### **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). Parents will sit close by on deck to ensure safety.

### **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). Parents will sit close by on deck to ensure safety.

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## **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 and breaststroke will be taught. Students are required to swim the length of our pool for distance. Class size (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. Class size (6)  
Advanced and Intermediate 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. For children and adults. *(see Private Lesson prices sheet )*

## **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 for on-line registration. Also to register from your phone: download Kingsbury Club app \*child must already be in system and you will need to set up login/password info first on a computer.**

Please call Lynn to register **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 [lynn@kingsburyclub.com](mailto:lynn@kingsburyclub.com)*

## **On-Line REGISTRATION INFORMATION – KINGSBURY CLUB**

Swim Lessons – Early Fall Session: Sept 19<sup>th</sup> – Oct 29<sup>th</sup> 2022

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)***