

GIRLS & BOYS



HIGH SCHOOL SWIM TEAM PREP

Focusing on building aerobic base before the Patriot League swim season begins but also concentrating on stroke skills as well as starts and turns. Coached by Pembroke High School swim team coach Brian Noyes. This group class will help any level swimmer, from any Patriot league team, get a head start on the season.

TUES & THUR 7:00 - 8:00 PM
SUNDAYS 12:30PM-1:45 PM
OCT 28TH - NOV 23RD 2025

1X/WEEK \$75 MEMBER
\$100 NON-MEMBER
2X/WEEK \$135 MEMBER
\$175 NON-MEMBER
3X/WEEK \$165 MEMBER
\$195 NON-MEMBER

186 Summer St. Kingston, MA • kingsburyclub.com





REGISTRATION FORM - Swim Team Prep

Name _____

Address _____

Phone _____ Email _____

Emergency Contact _____ Phone _____

Membership Type: Member Non-Member

Payment: House Charge Check Credit Card _____

Exp Date _____ Security Code _____

The Kingsbury Club & Spa reserves the right to photograph program participants for publicity purposes, in print or electronic media

Participant Signature _____ Date _____