

SWIM LESSONS Late Winter 2026

Re-Registration will begin at 6:30am on Feb 2nd - only for children that are currently in Early Winter group swim lessons.
Open Registration - Feb 9th



Fri and Sat lessons will not have lessons on 4/3 & 4/4 due to Easter. Those swimmers will be prorated to 7 weeks

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30AM						Watertoddlers
9:00AM			Guppies			Watertoddlers / Star I/ Star I
9:30AM	Star I		Watertoddlers		Watertoddlers	Guppies /Star I/ Star II/ Star I
10:00AM		Star I	Star I	Star I	Starfish I	Star I / Star II / Rays / Star I
10:30AM		Star II		Star I		Star II / Stingrays / Star II
11:00AM						Star I
						<p>8 WEEK SESSION Feb 23rd - April 18th <i>Fri and Sat lessons will be prorated to 7 weeks. No Classes on 4/3 & 4/4.</i></p> <p>30 Min Classes Members \$172 Non-members \$212</p> <p>CSC 45 Min Classes Member \$196 Non-member \$236</p> <p>ENROLLMENT RE-Registration - Feb 2nd (for currently enrolled)</p> <p>Open registration - Feb 9th</p> <p>10% sibling discount for non-members</p>
4:00PM	Star I	Star I	Star II	Star I		
4:30PM	Star II / Stingrays	Star II Stingrays	Star I	Star II CSC-INT/ADV	Rays	
5:00PM	Rays / CSC-INT	Star II CSC-ADV	Star I	Star I *5:15pm CSC-BEG	Stingrays	
5:30PM			Rays			
6:00PM						

SWIM PROGRAM LEVELS AND DESCRIPTIONS

WATER BABIES (6 months-1 year)

Not offered during this session.

WATER TODDLERS (12 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. Class size (8)
Parent/caregiver will be in water

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

For toddlers that have already taken Water Toddlers class and are ready for this progressive class that will introduce Level 1 skills. Class size (5)
Parent/caregiver will be in water.

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 pool deck to ensure child's safety. Class size (4).

STARFISH II

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, beginner stroke and backfloat will be progressed. Class size (4).

RAYS

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. Elementary backstroke will be taught. Class size (5).

STINGRAYS

Objective is to improve the front & back crawl. Rhythmic breathing is improved upon. Breaststroke will be taught. Butterfly introduced. 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 (crawl), 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. Beginner, Intermediate & Advanced levels. Class size (6)

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 strokes.

REGISTRATION

* Online registration is available through our website by clicking on "MEMBER LOGIN" and then "Access my account." **Child must already be in our system.** Your child does not have to be a member to register for swim. Please email Lynn to set up an account for you child if they are not in our registration system. Email child's name, date of birth and town you live in. Online registration can take place after this step.

lynn@kingsburyclub.com

On-Line REGISTRATION INFORMATION – KINGSBURY CLUB

Online registration is available through our website 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

There are two registrations; RE-REGISTRATION, which is for children currently enrolled in the group lesson session that we are in. Open Registration is for anyone else (siblings, private lessons or if your child was in a session prior or anyone new to our swim lessons)

(10% sibling discount for non-members) –please email 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