

**Swim Lessons**  
**1-One Week Pre Summer**  
**June 22 - 26**



	MON	TUE	WED	THU	FRI
9:30 AM	Starfish II	Starfish II	Starfish II	Starfish II	Starfish II
10:00 AM	Starfish I	Starfish I	Starfish I	Starfish I	Starfish I
10:30 AM	Starfish I	Starfish I	Starfish I	Starfish I	Starfish I
10:30 AM	Starfish II	Starfish II	Starfish II	Starfish II	Starfish II
11:00 AM	Rays	Rays	Rays	Rays	Rays

**Kingsbury Club & Spa**  
**186 Summer Street, Kingston, MA 02364 | 781-585-3883**

**Registration begins**  
**May 18th**

**MEMBERS - \$107.50**  
**NON MEMBERS - \$132.50**

**10% OFF 2ND**  
**NON MEMBER CHILD**

**CLASSES MEET**  
**MONDAY - FRIDAY**  
**FOR 30 MINUTES**



**KINGSBURY CLUB**

# Swim Level Program & Descriptions

**Starfish I** - This is an entry level class for children ages 3 and up with little or no water skills who can sit independently through a half hour swim lesson. This class is taught with a kickboard and noodle. No other flotation devices are used. The skills taught in this class include: proper kicking, arm movement, blowing bubbles, and floating on the back. Class size is limited to 3 students.

**Starfish II** - This class is 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 (doggie paddle) without the use of ANT flotation device. Skills to be taught include: Front and back streamline position as well as reinforced safety techniques. Class size is limited to 3 students.

**Rays** - For those who swim comfortable and independently but lack proper stroke. Focused on teaching the front and back crawl fundamentals, arm position, rhythmic breathing, treading water, and elementary backstroke.

## Private Lessons

Private swim lessons are designed to meet your child's individual needs and goals. These one-on-one 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 tune their swimming skills.

## Registration

- Online registration is available through our website by clicking MEMBER LOGIN and then REGISTER FOR CLASSES.
- If you have questions regarding classes or levels, please call or email Lynn Lappas at 781-936-0396 or [lynn@kingsburyclub.com](mailto:lynn@kingsburyclub.com)

## Online Registration Information - Kingsbury Club Swim Lessons - Pre Summer Session June 22 - 26, 2026

Online registration is available through our website [www.kingsburyclubandspa.com](http://www.kingsburyclubandspa.com). Click on MEMBER LOGIN Kingsbury Club Kingston" and then ACCESS MY ACCOUNT. Type 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 setup, 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, to create an account. Email [lynn@kingsburyclub.com](mailto:lynn@kingsburyclub.com)

10% sibling discount for nonmembers - 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

If you have questions regarding classes or levels, please call or email Lynn at 781-936-0396 or [lynn@kingsburyclub.com](mailto:lynn@kingsburyclub.com)