

Sign up for an intensive swim lesson session over vacation break.

Watch your child's skills and confidence improve over back-to-back days of lessons!

VACATION WEEK FEBRUARY 18-20

FAST TRACK SWIM LESSONS

	Tues	Wed	Thurs	
9:00am	Starfish	Starfish	Starfish	3-Day Fast Track Tuesday-Thursday 2/18 - 2/20 Members \$54 Non-membrs \$69 PLEASE NOTE: When the Multipurpose Pool is in use there is no member access to free swim.
	Guppies	Guppies	Guppies	
9:30am	Guppies	Guppies	Guppies	
	Rays	Rays	Rays	
10:00am	Starfish	Starfish	Starfish	
	Guppies	Guppies	Guppies	
10:30am	Rays	Rays	Rays	

- Registration is open to all January 20 through noon on February 7. You will receive a confirmation email by Monday, February 10.
 - No refunds or individual make up classes available for Fast Track Lessons.
 - If the Club must cancel class for any reason, Friday, February 21 will be used as the make up date.
- For more information contact Karen Kandola, Swim Lesson Coordinator, at karenkandolakcm@gmail.com

Swim Lesson Descriptions

OFFICE USE ONLY Date/time submitted _____ Paid

Proper placement of all swimmers allows instructors to successfully present the curriculum and creates the best opportunity for progress. Placement is by age and/or ability at the discretion of the Coordinator.

Below, please find the levels and the benchmarks necessary to participate at each level. If your child can do both benchmarks, they are eligible to enroll in that level.

Starfish - 3 years and up (born on or before 3/18/17). 4 max in class.

Benchmarks: 1. able to separate from parent to join class in pool; and 2. able to follow directions and listen to instructor.

Entry level class for children with little or no experience. Focus on blowing bubbles with face in water, paddling, kicking, assisted floating and jumps, and building confidence.

Guppies - 4 max in class

Benchmarks: 1. Able to streamline underwater 2-3 yards; and 2. Beginning to swim independently.

Focus on introduction of proper arm strokes, bobs for breathing technique, introduction of rotary breathing, strengthening the kick, floating independently, back and front streamline, treading water, and independent jumps.

Rays - 5 max in class

Benchmarks: 1. Able to swim freestyle and beginning to rotary breathe; and 2. Can swim 12.5 yards multiple times without assistance/rescue.

Lessons focus on stroke efficiency for freestyle and backstroke to build endurance, perfecting rotary breathing, extended treading, breaststroke introduction, and introduction to kneeling dives*.

*Diving: Dive instruction is NOT guaranteed and is based solely on dive area availability. Saturday lessons are more likely to have dive instruction. If you are looking specifically for dive instruction, please inquire about private lessons which can be scheduled at a time when dive area is available.

Programs and Lessons for Unique Swimmers (P.L.U.S)

We strive to include all children in our group lessons. For children with special needs (Autism, Down Syndrome, physical disabilities, etc.) please contact Karen Kandola, Lesson Coordinator, at karenkandolakcm@gmail.com.

REGISTRATION FORM - Kingsbury Club Medfield Vacation Swim Lessons

In order for form to be processed it MUST be filled out completely including two lesson choices and payment method. PLEASE USE ONE FORM PER SWIMMER. Please print clearly.

Child's Name _____ Birthdate _____

Parent/Guardian _____ Phone _____

Mailing Address _____ Email _____

Child's Membership Status: Member Non-Member

1st Choice (class/time) _____

2nd Choice (class/time) _____

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

I realize that the swim programs are of physical nature and the Kingsbury Club, its shareholders, directors, officers, employees, representatives and agents cannot be held responsible for any loss, claim, injury, damage, or liability sustained or incurred during participation in our programs on the premises of Kingsbury Club, 2 Ice House Road, Medfield, MA 02052

Parent Name (please print) _____

Parent Signature _____ Date _____

PAYMENT METHOD: Payments will NOT be processed until class has enough members to run.

Credit Card Name on card _____ CV# _____

Type/Card Number _____ Exp.Date _____

Non-Members: I would like to keep this card on file for future use

House Charge Check