



Sign up through the mobile app or member portal!

Group Swim Lessons

Fall Session: September 12 - November 21

Lessons offered:
Monday 3:30 - 6:00pm
Wednesday and Thursday 9:00 - 11:00am, 3:30 - 6:00pm
Saturday 9:00 - 11:30am

Monday - 11 week session
Members \$242 | Non-members \$290

Wednesday, Thursday, Saturday - 10 week session
Members \$220 | Non-members \$265



KINGSBURY CLUB
M E D F I E L D

kingsburyclubmedfield.com |
2 Ice House Rd, Medfield, MA 02052
| 508 359 7800

Fall Session:

September 12 - November 21

Member Registration: August 15

Non-Member Registration: August 22

30-minute Lessons offered:

Monday 3:30 - 6:00pm

Wednesday and Thursday 9:00 - 11:00am, 3:30 - 6:00pm

Saturday 9:00 - 11:30am

Monday - 11 week session

Members \$242 | Non-members \$290

Wednesday, Thursday, Saturday - 10 week session

Members \$220 | Non-members \$265

Waterbabies - 6 months - up to 3 years old

- Benchmarks: age requirement only.
- Baby is accompanied in the pool by you/your designated adult. You will work on holds, bubbling, bobbing, kicking and paddling and learn water safety for infants and toddlers.

Starfish - 3 years and up. 4 max in class.

(must 3 years old prior to start date of session)

- Benchmarks: 1: able to separate from parent to join class in the pool 2: able to follow directions and listen to the 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. (Note: Starfish 6+ offered for beginner swimmers who are age 6 or higher)

Guppies - 4 max in class

- Benchmarks: 1: Able to glide underwater 2-3 yards 2: beginning to swim independently with feet off of the floor for several strokes.
- 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 with basic side breathing 2: can swim 12.5 yards multiple times without assistance/rescue.
- Lessons focus on stroke efficiency for freestyle and backstroke to build endurance, perfect rotary breathing, extended trading, and breaststroke introduction.

Coached Swim Clinic (CSC) - Swimmer to teacher ratio of 8:1

- Benchmarks: 1: Able to proficiently swim freestyle, backstroke and breaststroke 2: can continuously swim 50 yards of both freestyle and backstroke.
- Class will focus on fine tuning stroke and kick for the four competitive strokes. Emphasis on building endurance while maintaining stroke technique. Participants will also be taught proper starts and Turns

REGISTRATION.

RETURNING PARTICIPANT:

App Directions:

- Sign in.
- If you need to change participant being registered, go to **PROFILE** at the bottom of your screen and click arrow next to your name. Select appropriate name
- Click **EXPLORE** at the bottom of the page and go into **PROGRAMS**
- Click Category, scroll to **SWIMMING POOL** and click **SHOW PROGRAMS**
- Select program day and time. Click **SIGN UP**
- Confirm payment via credit card or House Charge and click **SUBMIT**

Computer:

- Go to **Member Login** on our website and sign in
- If you need to change participant being registered, click arrow next to your name and select appropriate name
- Click **PROGRAMS** on the left side menu
- Click **ALL EVENTS**, scroll to **SWIMMING POOL** and click **SEARCH CLASSES**
- Select program day and time. Click **SIGN UP**
- Confirm payment via credit card or House Charge and click **SUBMIT**

First time in the program? Questions about your rating?

Go to kingsburyclubmedfield.com/aquatics/group-swim-lessons-registration and fill in your information. You will hear from the coordinator shortly after.

- *Registration Fee Policy: 10% of the cost of the program will apply to a non-refundable registration fee at the time of registration. 72 hours prior to the start of the program all program fees are non-refundable. Medical exemptions will be managed case-by-case, with a doctor's note required.*

For information on Swim Lessons, please reach out to our Swim Lesson Coordinator,
Karen Kandola at karenkandolakcm@gmail.com

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