



PRE-SEASON SWIM CLINIC FOR HIGH SCHOOL SWIMMERS

10.5 WEEKS SEPTEMBER 12 - NOVEMBER 22
Monday, Tuesday, Thursday, Friday 3:30 - 4:30pm

This high school pre-season swim clinic aims to enhance the swimming technique of high school swimmers in all four competitive strokes. Swimmers will improve technique through the use of drills and endurance sets. This clinic will also focus on dives, turns, and underwater technique. This program is designed for high school swimmers but is open to any swimmers who meet the minimum program requirements (see reverse).

Members \$462 | Non-Members \$546*

*pricing is based on 4 practices per week. 2 and 3 practice per week options available after 4 day per week minimum participant number is reached.

*To register for less than 4 days per week please call 774-469-3035.

If you have any questions about AQUATICS, please reach out to our Aquatics Director, Chris Carpino at chriscarpinokcm@gmail.com



KINGSBURY CLUB
MEDFIELD

The High School Swim Pre-Season clinic is specifically designed to refine technique and prep participants for their upcoming high school swim seasons. The first 5 weeks of the program will focus on an in-depth breakdown of each stroke, developing proper technique in addition to some general conditioning work. The final 5 weeks will build off of the newly refined technique and will focus mainly on building up endurance and speed so swimmers are prepared for the start of their swim seasons

Program requirements:

- All participants must have a basic proficiency in all 4 competitive strokes: Butterfly, Backstroke, Breaststroke, Freestyle. The program is not designed to teach these strokes, but rather to refine and further develop them.
- All participants must be able to swim consistent lengths of the pool for the full hour of practice

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?

Go to www.kingsburyclubmedfield.com/aquatics/spring-youth-fitness-swim-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 Aquatics, please reach out to our Aquatics Director,
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