

GROUP SWIM LESSONS

Spring Session: Feb. 24 - May 16, 2020

No lessons 4/20/20-4/25/20

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9:00am		Starfish	Waterbabies	Guppies		Starfish	
		Guppies	Starfish			Guppies	
						Rays	
						Sharks	
9:30am		Starfish	Starfish	Starfish		Starfish	
		Guppies	Guppies			Guppies	
						Rays	
						CSC	
10:00am		Guppies	Guppies	Waterbabies		Starfish 6+	
		Starfish	Starfish			Guppies	
						Rays	
						Sharks	
10:30am		Starfish	Starfish	Starfish		Waterbabies	
		Guppies	Guppies			Starfish	
						Guppies	
						CSC	
11:00am						Waterbabies	
						Starfish	
						Guppies	
						CSC	
3:00pm				Starfish	<p>Welcome to the WINTER SESSION of Group Swim Lessons. Our lesson program is a safety-first environment where swimmers enjoy learning in the pool.</p> <p>11 WEEK SESSION: Members \$198, Nonmembers \$253</p> <p>REGISTRATION STARTS: Members - Jan. 27, Nonmembers - Feb. 3</p> <p>PLEASE NOTE: There is no member free swim when the Multipurpose Pool is in use.</p> <p>Parents/guardians must remain on site during swim lesson.</p> <p>There are NO make-up classes or refunds. If the club has to cancel a class for any reason a makeup will be held.</p> <p>Two or more swimmers are required for a lesson to run. Once the first two registration weeks are complete, our best effort is made to accommodate your first choice. You will receive a payment confirmation email once your swimmer has been placed and paid. Most notifications will occur by Feb. 14. If there is a problem you will be individually contacted.</p>		
				Guppies			
3:30pm	Starfish		Starfish	Starfish			
	Waterbabies		Rays	Waterbabies			
	Guppies		Guppies	Guppies			
4:00pm	Starfish		Starfish	Starfish			
	Guppies		Guppies	Guppies			
	Rays		Rays	Rays			
	Sharks		Sharks	Sharks			
4:30pm	Starfish		Starfish	Starfish			
	Guppies		Guppies	Guppies			
	Rays		Rays	Rays			
	CSC		CSC	Sharks			
5:00pm	Starfish		Starfish	Starfish			
	Guppies		Guppies	Guppies			
	Rays		Rays	Rays			
	CSC		CSC	Sharks			
5:30pm	Rays		Rays	Rays			
	CSC		CSC	CSC			

For more information contact the Front Desk at 508-359-7800 or email Karen Kandola, Swim Lesson Coordinator, at karenkandolakcm@gmail.com. Forms may be submitted in person or via email to karenkandolakcm@gmail.com (house charge or credit card only for email submissions).

Swim Lesson Descriptions

OFFICE USE ONLY Date/time submitted _____ Paid

Our program is comprised of six levels. 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.

Waterbabies - 6 months to 3 years (born on or before 8/24/19)

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 (born on or before 2/18/17). 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. (Note: Starfish 6+ offered Saturdays at 10 AM for beginner swimmers who are age 6 or higher)

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*.

Sharks - 5 max in class

Benchmarks: 1. Able to swim freestyle with rotary breathing; and 2. Able to continuously swim 25 yards of both freestyle and backstroke.

Focus on fine tuning freestyle and backstroke technique for speed, efficiency and endurance; breaststroke technique; introduction of butterfly; extended treading; and standing dives*.

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

Benchmarks: 1. Able to swim all four competitive strokes; and 2. Can swim 50 yards continuously.

Class will focus on fine tuning stroke and kick for the four competitive strokes. Emphasis on building endurance while maintaining stroke technique. Starts and turns (in water) will be taught. Dive starts*†.

*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.

†4:30 and 5:00 PM Mon-Wed and 10:30 and 11:00 AM Saturday lesson curriculum designed and coordinated for one hour swim session. Swimmers signing up for both time slots will have preference over half hour registrants."

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 Syndrom,, physical disabilities, etc.) please contact Karen Kandola, Lesson Coordinator, at karenkandolakcm@gmail.com.

REGISTRATION FORM - Kingsbury Club Medfield Group Swim Lessons

In order for form to be processed it MUST be filled out completely including three 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/day/time) _____

2nd Choice (class/day/time) _____

3rd Choice (class/day/time) _____

The Kingsbury Club & Spa 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