

# GROUP SWIM LESSONS

Winter Session #2 Extension: April 22 - May 18, 2019

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9:00am		Starfish		Starfish		Starfish	
		Guppies		Guppies		Guppies	
						Rays	
9:30am		Starfish		Starfish		Starfish	
		Guppies		Guppies		Guppies	
						Sharks	
10:00am		Waterbabies		Starfish		Starfish 6+	
		Starfish		Guppies		Guppies	
						Sharks	
10:30am		Starfish		Starfish		Waterbabies	
		Rays		Guppies		Guppies	
						CSC	
11:00am						Waterbabies	
						Starfish	
						CSC	
3:30pm	Starfish		Starfish	Starfish	<p><b>FOR NEW REGISTRATIONS ONLY</b>  <b>DO NOT fill out if you are currently enrolled and already filled out an extension form.</b></p> <p>Welcome to the WINTER SESSION #2 Extension of Group Swim Lessons. Our lesson program is a safety-first environment where swimmers enjoy learning in the pool.</p> <p><b>4 WEEK SESSION:</b>  Members \$60, Nonmembers \$80</p> <p><b>REGISTRATION STARTS:</b>  Members - March 25, Nonmembers - April 1</p> <p><b>PLEASE NOTE:</b>  When the Multipurpose Pool is in use there is no member access to free swim.</p> <p>There are <b>NO</b> 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 April 8. If there is a problem you will be individually contacted. Notices will look different due to our new computer system.</p>		
	Waterbabies		Waterbabies	Guppies			
			Guppies	Rays			
4:00pm	Starfish		Starfish	Starfish			
	Guppies		Guppies	Guppies			
	Rays		Rays	Rays			
	Sharks						
4:30pm	Starfish		Starfish	Starfish			
	Guppies		Guppies	Guppies			
	Rays		Rays	Sharks			
	CSC		CSC				
5:00pm	Starfish		Starfish	Starfish			
	Guppies		Guppies	Guppies			
	Rays			Rays			
	CSC		CSC	Sharks			
5:30pm	Rays		Guppies	Rays			
	CSC		Rays	CSC			

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

# Swim Lesson Descriptions

OFFICE USE ONLY	Date/time submitted _____	<input type="checkbox"/> Paid
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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 10/28/18)

**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 4/22/16). 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 Syndrome, sensory issues, ADHD, physical disabilities, etc.) please contact Karen Kandola, Lesson Coordinator, to discuss. Karen will work with you to find the right fit for your child within our programs.

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## REGISTRATION FORM - Kingsbury Club Medfield 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 \_\_\_\_\_

Emergency Name \_\_\_\_\_ Phone \_\_\_\_\_

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.**

Check

House Charge (Members Only)

Credit Card:

Name on card \_\_\_\_\_ CVV# \_\_\_\_\_

Type/Card Number \_\_\_\_\_ Exp.Date \_\_\_\_\_