GROUP SWIM LESSONS

Spring Session: April 23 - June 2, 2018

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9:00am						Starfish	
						Guppies	
						Rays	
						Stingrays	
9:30am		Guppies		Starfish		Starfish	
						Guppies	
						Rays	
						Stingrays	
10:00am		Waterbabies		Guppies		Starfish 6+	
						Guppies	
						Rays	
						Stingrays	
10:30am		Starfish		Starfish		Waterbabies	
						Starfish	
						Guppies	
11:00am						Waterbabies	
						Starfish	
						CSC	
3:30pm	Starfish		Starfish	Starfish			
	Waterbabies		Guppies	Waterbabies			
	CSC (LP)		CSC (LP)	CSC (LP)			
4:00pm	Starfish		Starfish	Starfish			
	Guppies		Guppies	Guppies			
	Rays		Rays	Rays			
	Stingrays		Stingrays	Stingrays			
4:30pm	Starfish		Starfish	Starfish			
	Guppies		Guppies	Guppies			
	Rays		Rays	Rays			
	Stingrays		Stingrays	Stingrays			
5:00pm	Starfish		Starfish	Starfish			
	Guppies		Guppies	Guppies			
	Rays		Rays	Rays			
	Stingrays		Stingrays	Stingrays			
5:30pm	CSC		CSC	CSC			

MONDAYS: 5 WEEKS:
Members $75
Nonmembers $100

TUESDAYS-SATURDAYS: 6 WEEKS:
Members $90
Nonmembers $120

REGISTRATION STARTS
Members - March 26
Nonmembers - April 2

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

Swim Lesson Descriptions

■ Waterbabies (WB) - 6 mos.-3 yrs.

A half hour of fun in the pool for the parent/guardian and baby. You'll learn appropriate holds, basic swim skills (bubbles, kicking and paddling) and water safety tips.

■ Starfish - born on or before 4/23/15

An entry level class for children with little or no swim experience. Focus on water safety, exploring pool, bubble blowing, assisted floating, proper kicking technique, basic paddling, and streamline.

- Starfish 6+ - Saturdays at 10am.

■ Guppies

For swimmers who have mastered all skills in Starfish level and who have begun to swim independently. Focus on side breathing and proper kicking with barbell, basic freestyle strokes, floating, treading water, and independent jumps.

■ Rays

For swimmers who have mastered all skills in Guppies and who can swim 12.5 yards multiple times on their own. Focus will be freestyle and backstroke techniques through drills and various practice swims to build endurance. Introduction to kneeling dives with focus on safety.

■ Stingrays

For swimmers who have mastered all skills in Rays and who can swim 50 yards of freestyle and backstroke. Focus on freestyle and backstroke technique and introducing breast stroke and butterfly. Standing dives will be taught with focus on safety.

■ Coached Swim Clinic (CSC)

Swimmers will work to improve stroke technique of all four competitive strokes. Emphasis will be on building endurance while maintaining stroke efficiency. Class will learn race dives and turns. * Please note this is now a 30 minute class.

- 3:30pm class will be held in the lap pool.

PLEASE NOTE:
When the Multipurpose Pool is in use there is no member access to free swim.

There are NO make-up classes for illness, holidays, or personal vacation. If the club has to cancel a class for any reason a makeup will be held.

REGISTRATION FORM
Kingsbury Club Medfield Swim Lessons

OFFICE USE ONLY — Date/time submitted _____ ❑ Contacted: ❑ Paid:

In order for form to be considered and processed it must be filled out completely including all three lesson choices.

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) _____ Date _____

Parent Signature _____ Date _____

PAYMENT METHOD: **MUST provide payment information for registration to be considered and processed. Payments will NOT be processed until class has enough members to run.**

: ❑ Credit Card ❑ Name on card _____ CVV# _____

❑ Type/Card Number _____ Exp.Date _____

❑ House Charge ❑ Check