

GROUP SWIM LESSONS

7 Weeks: January 2 - February 18

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9:00am		Starfish 1 Guppies		Starfish 1 Guppies		Starfish 1 Starfish 2	
9:30am		Starfish 2 Guppies		Starfish 2 Guppies		Starfish 1 Guppies	
10:00am		Starfish 1 Starfish 2		Starfish 1 Starfish 2		Rays Guppies	
10:30am		Waterbabies		Waterbabies		Waterbabies	
3:30pm	Starfish 1 Guppies		Starfish 1 Starfish 2		Starfish 1 Guppies		
4:00pm	Starfish 1 Guppies Rays		Starfish 2 Guppies Rays		Starfish 2 Guppies Rays		
4:30pm	Starfish 2 Sharks Rays		Starfish 1 Guppies Rays		Sharks Guppies Rays	30-MINUTE CLASSES Members \$105 Non Members \$140 REGISTRATION STARTS: Members - Dec. 13 Non-members - Dec. 20	
5:00pm	Starfish 2 Stingrays Rays		Guppies Stingrays Sharks		Starfish 1 Stingrays Rays		
5:30pm			CSC		CSC		

For more information contact Kate Butler, Aquatics Director at 508-359-7800 ext. 107

Swim Lesson Descriptions

■ Waterbabies

A half-hour of fun for the parent/adult and baby. The parent/adult will be instructed on appropriate holds, safety skills and the creative "how to's" of getting your baby more water friendly. Participants will be introduced to and learn basic water skills, such as bubble blowing, front float and arm paddling.

■ Starfish I (Pre-school)

An entry level class for children with little or no water skills. The child must be 3 years old. Swimmers will focus on general comfort ability in water, submerging their head and blowing bubbles, floating on their back, kicking, and streamline.

■ Starfish II (Pre-School)

Children should be comfortable in the water and possess all skills learned in starfish 1. Swimmers will begin to independently swim while using a flotation device. Instructors will assist swimmers in developing a stronger freestyle kick, floating on their backs, begin developing a freestyle stroke, and the start of backstroke kick. Swimmers will master the skills of placing their face in the water, performing bobs, and blowing bubbles.

■ Guppies

For children who have started to swim independently without support and have mastered all the skills learned in Starfish 2. Swimmers will work on developing a freestyle that involves both kicking and scooping while their face is in the water. Instructors will assist swimmers with kicking on their back, and introduce rolling from their back to their stomach. Swimmers will be introduced to sitting dives.

■ Rays

Children will be proficient in all the skills learned in Guppy. Swimmers should be able to do the forward crawl for 12.5 yards. Swimmers will focus on developing a stronger freestyle stroke while using rotary breathing. Swimmers will focus on breaststroke kicking, kicking on their back, and kicking with kickboard for extended lengths. Swimmers will be introduced to kneeling dives.

■ Stingrays

Children will be proficient in all the skills learned in Guppy. Swimmers should be able to do the forward crawl for 12.5 yards. Swimmers will focus on developing a stronger freestyle stroke while using rotary breathing. Swimmers will focus on breaststroke kicking, kicking on their back, and kicking with kickboard for extended lengths. Swimmers will be introduced to kneeling dives.

■ Sharks

This is the final level of our swim program. Children must be proficient in all the skills learned in the previous levels. Swimmers will focus on being proficient in all four competitive strokes. Swimmers will perfect a standing dive both from the edge of the pool and the diving block.

■ Coached Swim Clinic (CSC)

This 30 minute class held in the multipurpose pool is designed to improve participant's ability in swimming the 4 competitive strokes; Freestyle, Backstroke, Breaststroke, and Butterfly. Swimmers will improve on these strokes through the use of drill work. Racing dives, flip turns, and drop down push offs will also be taught during this class.

PLEASE NOTE:

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

Makeups are based on space availability. No refunds are permitted. If the Club has to cancel a class for any reason a makeup will be held.

REGISTRATION FORM Kingsbury Club Swim Lessons

OFFICE USE ONLY Contacted: Paid:

Child's Name _____ Age _____

Parent's Name _____ Phone _____

Mailing Address _____ Email _____

Emergency Name _____ Phone _____

Membership Type: Member Non-Member

Payment Method: House Charge Check

Credit Card Type/Card Number _____ Exp. Date _____

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.

Participant's Signature: _____ Date _____

Parent's Signature: _____ Date _____