

5 years old – 14 years old

Advanced

Course Goals

- Flutter kick in proper streamline position for 50 yards
- Freestyle swim with bilateral breathing, 50 yards
- Backstroke swim, 50 yards
- Breaststroke swim, 50 yards
- Butterfly swim, 50 yards
- Tread water, 5 minutes
- Front dive, Flip turns

Advanced Level Schedule

Sun	1:15 pm - 2:00 pm	M \$210/NM \$280
Tues	5:15 pm - 6:00 pm	M \$225/NM \$300
Thurs	5:45 pm - 6:30 pm	M \$180/NM \$240
Sat	1:15 pm - 2:00 pm	M \$210/NM \$280

9 years old and up Swim Team Preparation

Highest level class which provides a team-like training atmosphere for swimmers who want to practice often. Swimmers gain quality endurance training and improve fitness level. They will refine stroke techniques and learn competitive skills such as pace-clock orientation. This class will prepare the swimmer to join any swim team and become a stronger, faster swimmer.

Swim Team Preparation Schedule

Tues	6:00 pm - 7:00 pm	M \$225/NM \$300
Thurs	6:30 pm - 7:30 pm	M \$180/NM \$240
Sat	1:15 pm - 2:15 pm	M \$210/NM \$280



Swimming School Calendar

Fall 2010

# sessions	Day	Start date	End date
14	Sun	09/12/10	12/19/10
15	Mon	09/13/10	12/20/10
15	Tues	09/14/10	12/21/10
15	Wed	09/15/10	12/22/10
12	Thurs	09/16/10	12/23/10
14	Sat	09/11/10	12/18/10

NO CLASSES

9/18, 9/23, 9/30, 11/25, 12/05

Where is my child's class located?

All classes are held in the Kings Bay Y building. Please bring your payment receipt on the first day of classes to show at the reception desk.

What do I need to bring to the swimming lesson?

Your child will need a bathing suit, swim cap and towel.

A swim diaper is mandatory for Parent and Me classes.

Swim caps are mandatory without exceptions and are available for purchase at the reception desk.

How should I prepare my child for the lesson?

Each swimmer must take a shower before entering the pool. Entrance is from locker rooms only. Please do not change your child's clothing on the pool deck. Your child should be in the waiting area on deck until the instructor indicates start of class.

Where can I keep my belongings during the lesson?

The locker rooms are available for daily use. Please bring your own lock. Children of the opposite gender over 5 years old are not allowed in the locker room. The family changing room on the pool deck is now available as well.

What is your student to teacher ratio ?

1:4 for youngest group; 1:6 for beginner level classes;

1:7 for intermediate, advanced and pre-competitive.

What is your make-up policy?

One make-up class is allowed within current session. No refunds are issued for any classes missed or cancelled after 2 lessons.

Kings Bay Y will attempt to offer make-up classes.

What is your observation policy?

You can watch your child learn to swim from the balcony on the second floor.



Swimming School FALL 2010 Class Schedule

Kings Bay YM-YWHA
3495 Nostrand Avenue
(bet. Ave U and V)
Brooklyn, NY 11229



**For more information, please contact
Eugene at 718.648.7703 ext. 221**
info@kingsbay.org
www.kingsbay.org





4 months - 3.5 years old

Parent and Me

Course Goals

Comfort and submersion in the water
Introduction to breath control and patterns
Kicking, reaching, grabbing, comfortable on back
Arm movement

Parent and Me Schedule

Sun	11:00 am - 11:45 am	M \$210/NM \$280
	11:45 am - 12:30 pm	M \$210/NM \$280
Mon	4:45 pm - 5:30 pm	M \$225/NM \$300
Thurs	4:15 pm - 5:00 pm	M \$180/NM \$240
Sat	11:00 am - 11:45 am	M \$210/NM \$280
	11:45 am - 12:30 pm	M \$210/NM \$280



3.5 years old - 5 years old

Beginner 1 Level

Course Goals

Comfort in the water
Introduction to breathing patterns and control
Submersion in the water, Comfort on back

Beginner 1 Level Schedule

Sun	11:00 am - 11:45 am	M \$210/NM \$280
Mon	4:45 pm - 5:30 pm	M \$225/NM \$300
Wed	4:45 pm - 5:30 pm	M \$225/NM \$300
Thurs	4:15 pm - 5:00 pm	M \$180/NM \$240
Sat	10:00 am - 10:45 am	M \$210/NM \$280
	11:00 am - 11:45 am	M \$210/NM \$280

Beginner 2 and Beginner 2 Plus Levels

Course Goals

Jumping in and climbing out of water
Head immersion, Proper streamline position
Flutter kick in streamline position for 5 yards
Swim freely and backstroke for 10 yards (Plus level)
Deep water trading for 15 seconds (Plus level)
Push off with streamline (Plus level)

Beginner 2 and Beginner 2 Plus Levels Schedule

Sun	11:00 am - 11:45 am	M \$210/NM \$280
Mon	4:45 pm - 5:30 pm	M \$225/NM \$300
Wed	4:45 pm - 5:30 pm	M \$225/NM \$300
Thurs	4:15 pm - 5:00 pm	M \$180/NM \$240
Sat	11:00 am - 11:45 am	M \$210/NM \$280

5 years old - 8 years old

Beginner 1 Level

Course Goals

Submerge face in water, float on front and back,
Roll over with support, swim 5 feet on front and back with
support, enter and exit water independently

Beginner 1 Level Schedule

Sun	11:45 am - 12:30 pm	M \$210/NM \$280
	12:30 pm - 1:15 pm	M \$210/NM \$280
Mon	5:30 pm - 6:15 pm	M \$225/NM \$300
Tues	4:30 pm - 5:15 pm	M \$225/NM \$300
Wed	5:30 pm - 6:15 pm	M \$225/NM \$300
Thurs	5:00 pm - 5:45 pm	M \$180/NM \$240
Sat	10:00 am - 10:45 am	M \$210/NM \$280
	11:45 am - 12:30 pm	M \$210/NM \$280
	12:30 pm - 1:15 pm	M \$210/NM \$280

Beginner 2 Level

Course Goals

Flutter kick for 10 yards front and back, push off with
streamline, freestyle and backstroke for 15 yards
Deep water training, 15 seconds

Beginner 2 Level Schedule

Sun	11:45 am - 12:30 pm	M \$210/NM \$280
Mon	5:30 pm - 6:15 pm	M \$225/NM \$300
Tues	4:30 pm - 5:15 pm	M \$225/NM \$300
Wed	5:30 pm - 6:15 pm	M \$225/NM \$300
Thurs	5:00 pm - 5:45 pm	M \$180/NM \$240
Sat	10:00 am - 10:45 am	M \$210/NM \$280
	11:45 am - 12:30 pm	M \$210/NM \$280

Intermediate

Course Goals

Flutter kick for 30 yards front and back, backstroke and
breast stroke swim for 30 yards, freestyle swim with bilateral
breathing for 30 yards, dolphin kick for 30 yards
Tread water, 1 minute and front dive

Intermediate Level Schedule

Sun	12:30 pm - 1:15 pm	M \$210/NM \$280
	1:15 pm - 2:00 pm	M \$210/NM \$280
Mon	5:30 pm - 6:15 pm	M \$225/NM \$300
Tues	4:30 pm - 5:15 pm	M \$225/NM \$300
	5:15 pm - 6:00 pm	M \$225/NM \$300
Wed	5:30 pm - 6:15 pm	M \$225/NM \$300
Thurs	5:00 pm - 5:45 pm	M \$180/NM \$240
	5:45 pm - 6:30 pm	M \$180/NM \$240
Sat	12:30 pm - 1:15 pm	M \$210/NM \$280
	1:15 pm - 2:00 pm	M \$210/NM \$280

9 years old - 14 years old

Beginner 1 Level

Course Goals

Submerge face in water
Float on front and back, roll over with support
Swim 5 yards with support
Enter and exit water independently

Beginner 1 Level Schedule

Sun	12:30 pm - 1:15 pm	M \$210/NM \$280
Tues	4:30 pm - 5:15 pm	M \$225/NM \$300
Thurs	5:00 pm - 5:45 pm	M \$180/NM \$240
Sat	12:30 pm - 1:15 pm	M \$210/NM \$280

Beginner 2 Level

Course Goals

Flutter kick for 10 yards front and back
Push off with streamline
Freestyle and backstroke for 15 yards
Deep water training, 15 seconds

Beginner 2 Level Schedule

Sun	12:30 pm - 1:15 pm	M \$210/NM \$280
Tues	4:30 pm - 5:15 pm	M \$225/NM \$300
Wed	5:30 pm - 6:15 pm	M \$225/NM \$300
Thurs	5:00 pm - 5:45 pm	M \$180/NM \$240
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Intermediate

Course Goals

Flutter kick for 30 yards front and back
Backstroke and breast stroke swim for 30 yards
Freestyle swim with bilateral breathing for 30 yards
Dolphin kick, 30 yards
Tread water, 1 minute and front dive

Intermediate Level Schedule

Sun	1:15 pm - 2:00 pm	M \$210/NM \$280
Tues	5:15 pm - 6:00 pm	M \$225/NM \$300
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