

Swim Team Preparation

9-14 Years Old Only

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

Tuesday & Thursday: 6:05pm—6:50pm

Saturday: 2:15pm—3:00pm

Sunday: 1:30pm—2:15pm

Tennis

Separate Groups for ages 5-8 and 8-14

Our tennis classes are focused on developing basic skills including hand-eye coordination, movement skills, basic tennis strokes and other fundamentals in a fun, friendly environment.

Tennis Schedule:

Monday & Wednesday: 5:00pm—6:00pm (ages 8-14)

Tuesday: 4:30pm—5:30pm (ages 5-8)

Thursday: 4:00pm—5:00pm (ages 5-8)

Saturday: 11:30am—12:30pm (ages 5-8)

12:30pm—1:30pm (ages 8-14)

Water Polo

Ages 9-11 Years Old

Class focuses on improving swimming and water polo techniques along with a focus on team work, leadership and friendship.

Tuesday: 6:00pm—7:30pm

Friday: 6:00pm—7:30pm

Saturday: 3:00pm—4:30pm

For more information contact Eugene at

718-648-8803 ext. 221

LEARN TO SWIM AND TENNIS

CALENDAR

SPRING 2019

# of Sessions	Day	Start Date	End Date
11	Sun.	4/7/2019	6/23/2019
11	Sat.	4/6/2019	6/22/2019
11	Mon.	4/1/2019	6/17/2019
12	Tues.	4/2/2019	6/18/2019
12	Wed.	4/3/2019	6/19/2019
12	Thurs.	4/4/2019	6/20/2019

NO CLASS

4/20, 4/21, 5/27

PRICE LIST

11 CLASSES: MEMBERS \$275
NON-MEMBERS: \$330

12 CLASSES: MEMBERS \$300
NON-MEMBERS: \$360



KINGS BAY YM-YWHA
3495 NOSTRAND
AVE. BROOKLYN, NY,
11229



LEARN TO SWIM

& TENNIS

SPRING 2019 CLASS SCHEDULE



For More Information Contact:

Eugene at 718-648-7703 ext. 221

info@kingsbay.org

www.kingsbay.org



Private Swim Lessons

Members: 30 min. (\$40), 45 min (\$50) 1 hr. (\$60)

Non-Members: 30 min. (\$50), 45 min. (\$60),
1 hr. (\$70)

4 months - 3.5 years old

Parent and Me

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

Parent and Me Schedule

Saturday & Sunday: 10:30am—11:15am
11:15am—12:00pm

3 years old — 5 years old

Beginner 1 Level

This is our entry level course helps students feel comfortable in the water and enjoy the water safety intended for children with limited experience in the water, or those young swimmers who are comfortable in the water, but are still unable to swim continuously.

Beginner 1 Level Schedule

Monday & Wednesday: 4:30pm—5:15pm
Saturday: 10:30am—11:15am, 12:00pm—12:45pm
Sunday: 10:30am—11:15am, 11:15am—12:00pm

Beginner 2 Level

This is the second phase of our entry level course that is intended for children with limited experience in the water.

Beginner 2 Level Schedule

Monday & Wednesday: 4:30pm—5:15pm
Saturday: 10:30am—11:15am, 12:00pm—12:45pm
Sunday: 10:30am—11:15am, 11:15am—12:00pm

5 years old — 8 years old

Beginner 1 Level

Goals include blowing bubbles with comfortable submersion, head immersion, jumping in and climbing out of water, back and front float with help, freestyle and back kick with help and basics of swimming strokes (freestyle and backstroke with support.)

Beginner 1 Level Schedule

Monday & Wednesday: 5:15pm—6:00pm
Tuesday & Thursday: 4:30pm—5:15pm
Saturday: 11:15am—12:00pm, 12:45pm—1:30pm
Sunday: 11:15am—12:00pm, 12:00pm—12:45pm,
12:45pm—1:30pm

Beginner 2 Level

Goals include jumping in and climbing out of water, blowing bubbles with comfortable submersion, head immersion, flutter kick for 15 yards front and back, freestyle swim and backstroke swim for 15 yards without support. Tread water for 15 seconds..

Beginner 2 Level Schedule

Monday & Wednesday: 5:15pm—6:00pm
Tuesday & Thursday: 4:30pm—5:15pm
Saturday: 11:15am—12:00pm, 12:45pm—1:30pm,
1:30pm—2:15pm
Sunday: 12:00pm—12:45pm, 12:45pm—1:30pm

Intermediate

Builds on the skills in level beginner 2 by providing additional guided practice. Students are introduced to the butterfly and breaststroke, as well as advanced swimming drills that enable them to become efficient swimmers. This class is taught in deep water.

Intermediate Level Schedule

Monday & Wednesday: 5:15pm—6:00pm
Tuesday & Thursday: 4:30pm—5:15pm,
5:20pm—6:05pm
Saturday: 12:45pm—1:30pm, 1:30pm—2:15pm,
2:15pm—3:00pm
Sunday: 12:45pm—1:30pm, 1:30pm—2:15pm

9 years old — 14 years old

Beginner 1 Level Schedule

Monday: 5:15pm—6:00pm
Tuesday & Thursday: 4:30pm—5:15pm
Saturday: 1:30pm—2:15pm
Sunday: 12:45pm—1:30pm

Beginner 2 Level Schedule

Tuesday & Thursday: 4:30pm—5:15pm
Wednesday: 5:15pm—6:00pm
Saturday: 1:30pm—2:15pm
Sunday: 12:45pm—1:30pm

Intermediate Level Schedule

Tuesday & Thursday: 5:20pm—6:05pm
Saturday: 2:15pm—3:00pm
Sunday: 1:30pm—2:15pm

5 years old — 14 years old

Advanced

All competitive strokes (freestyle, backstroke, breaststroke, and butterfly) are refined in our advanced class. With a focus on flip-turns and swimming for greater distances, the advanced student becomes an accomplished swimmer.

Advanced Level Schedule

Tuesday & Thursday: 5:20pm—6:05 pm
Saturday: 2:15pm—3:00pm
Sunday: 1:30pm—2:15pm

