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

For More Information Contact:
Eugene at 718-648-7703 ext. 221
info@kingsbayy.org
www.kingsbayy.org

KINGS BAY YM-YWHA
3495 NOSTRAND AVE. BROOKLYN, NY, 11229
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: 5:15pm—6:00pm
- Tuesday & Thursday: 4:30pm—5:15pm
- Saturday: 11:15am—12:00pm, 12:45pm—1:30pm
- Sunday: 11:15am—12:00pm, 12:45pm—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
- Sunday: 11:15am—12:00pm, 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
- Saturday: 11:15am—12:00pm, 12:45pm—1:30pm
- Sunday: 12:00pm—12:45pm, 12:45pm—1:30pm

---

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, 12:45pm—1:30pm

**Beginner 2 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 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
- Sunday: 11:15am—12:00pm, 12:45pm—1:30pm

**Intermediate 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, 12:45pm—1:30pm

---

5 years old — 8 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—6:05pm
- Saturday: 2:15pm—3:00pm
- Sunday: 1:30pm—2:15pm