



5 years old – 14 years old

Advanced

Course Description

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

Sun	1:35 pm - 2:20 pm	M \$350/NM \$420
Tues	5:15 pm - 6:00 pm	M \$350/NM \$420
Thurs	5:15 pm - 6:00 pm	M \$350/NM \$420
Sat	2:20 pm - 3:05 pm	M \$350/NM \$420

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

Sun	1:35 pm - 2:20 pm	M \$350/NM \$420
Tues	6:00 pm - 6:45 pm	M \$350/NM \$420
Thurs	6:00 pm - 6:45 pm	M \$350/NM \$420
Sat	2:20 pm - 3:05 pm	M \$350/NM \$420



Calendar

Fall 2019

# sessions	Day	Start date	End date
14	Sun	09/15/19	12/22/19
13	Mon	09/09/19	12/16/19
14	Tues	09/10/19	12/17/19
14	Wed	09/11/19	12/18/19
14	Thurs	09/12/19	12/19/19
14	Sat	09/14/19	12/21/19

NO CLASSES

9/30, 10/1, 10/9, 10/14, 11/28, 11/30, 12/1

Where is my child's class located?

All classes are held in the Kings Bay Y building. Please bring your receipt or membership card. From there you'll be directed to the locker rooms.

What do I need to bring to the swimming lesson?

Your child will need a bathing suit, swim cap, towel and lock. A swim diaper is mandatory for Parent and Me classes.

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 by the pool until the instructor indicates start of class.

Where can I keep my belongings during the lesson?

The locker rooms are available for use during lesson only. 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 is available for use by the pool area.

What is your student to teacher ratio ?

1:4 for youngest group; 1:6 for beginner level classes; 1:7 for intermediate, advanced and swim team prep.

What is your make-up policy?

Two make-up classes are allowed within the current session. **No refunds are issued for any classes missed or cancelled after 2 lessons.**

What is your observation policy?

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

How warm is the pool?

Our pool is kept between 82-84 degrees

Learn to Swim Class Schedule FALL 2019



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

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



4 months - 3.5 years old

Parent and Me

Course Description

The Parent and Me class is a child's first structured aquatic experience. This class is designed to introduce your child to the aquatic environment and ensure comfort and safety.

Parent and Me Schedule

Sun	10:30 am - 11:15 am	M \$350/NM \$420
	11:15 am - 12:00 pm	M \$350/NM \$420
Sat	10:30 am - 11:15 am	M \$350/NM \$420
	11:15 pm - 12:00 pm	M \$350/NM \$420

3.5 years old – 5 years old

Beginner 1 Level

Course Description

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

Sun	10:30 am - 11:15 am	M \$350/NM \$420
	11:15 am - 12:00 pm	M \$350/NM \$420
Mon	4:30 pm - 5:15 pm	M \$325/NM \$390
Wed	4:30 pm - 5:15 pm	M \$350/NM \$420
Sat	10:30 am - 11:15 am	M \$350/NM \$420
	12:00 pm - 12:45 am	M \$350/NM \$420

Beginner 2 Level

Course Description

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

Sun	10:30 am - 11:15 am	M \$350/NM \$420
	11:15 am - 12:00 pm	M \$350/NM \$420
Mon	4:30 pm - 5:15 pm	M \$325/NM \$390
Wed	4:30 pm - 5:15 pm	M \$350/NM \$420
Sat	10:30 am - 11:15 am	M \$350/NM \$420
	12:00 pm - 12:45 pm	M \$350/NM \$420

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 freestyle for 10 yards on front with support, enter and exit water independently

Beginner 1 Level Schedule

Sun	12:00 pm - 12:45 pm	M \$350/NM \$420
	12:50 pm - 1:35 pm	M \$350/NM \$420
Mon	5:15 pm - 6:00 pm	M \$325/NM \$390
Tues	4:30 pm - 5:15 pm	M \$350/NM \$420
Wed	5:15 pm - 6:00 pm	M \$350/NM \$420
Thurs	4:30 pm - 5:15 pm	M \$350/NM \$420
Sat	11:15 am - 12:00 pm	M \$350/NM \$420
	12:45 pm - 1:30 pm	M \$350/NM \$420
	1:35 pm - 2:20 pm	M \$350/NM \$420

Beginner 2 Level

Course Goals

Flutter kick for 15 yards front and back, push off with streamline, freestyle and backstroke for 20 yards and Deep water training, 30 seconds

Beginner 2 Level Schedule

Sun	12:00 pm - 12:45 pm	M \$350/NM \$420
Mon	5:15 pm - 6:00 pm	M \$325/NM \$390
Tues	4:30 pm - 5:15 pm	M \$350/NM \$420
Wed	5:15 pm - 6:00 pm	M \$350/NM \$420
Thurs	4:30 pm - 5:15 pm	M \$350/NM \$420
Sat	11:15 pm - 12:00 pm	M \$350/NM \$420
	12:45 am - 1:30 pm	M \$350/NM \$420

Intermediate

Course Description

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

Sun	12:00 pm - 12:45pm	M \$350/NM \$420
	12:50 pm - 1:35 pm	M \$350/NM \$420
Mon	5:15 pm - 6:00 pm	M \$325/NM \$390
Tues	5:15pm - 6:00 pm	M \$350/NM \$420
Wed	5:15 pm - 6:00 pm	M \$350/NM \$420
Thurs	5:15 pm - 6:00 pm	M \$350/NM \$420
Sat	12:45pm - 1:30 pm	M \$350/NM \$420

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 freestyle for 10 yards with support
Enter and exit water independently

Beginner 1 Level Schedule

Sun	12:50 pm - 1:35 pm	M \$350/NM \$420
Tues	4:30 pm - 5:15 pm	M \$350/NM \$420
Thurs	4:30 pm - 5:15 pm	M \$350/NM \$420
Sat	1:35 pm - 2:20 pm	M \$350/NM \$420

Beginner 2 Level

Course Goals

Flutter kick for 20 yards front and back
Push off with streamline
Freestyle and backstroke for 20 yards
Deep water training, 30 seconds

Beginner 2 Level Schedule

Sun	12:50 pm - 1:35 pm	M \$350/NM \$420
Tues	4:30 pm - 5:15 pm	M \$350/NM \$420
Thurs	4:30 pm - 5:15 pm	M \$350/NM \$420
Sat	1:35 pm - 2:20 pm	M \$350/NM \$420

Intermediate

Course Goals

Flutter kick for 50 yards front and back
Backstroke and breast stroke swim for 50 yards
Freestyle swim with bilateral breathing for 50 yards
Dolphin kick for 50 yards,
Tread water for 1 minute and front dive

Intermediate Level Schedule

Sun	1:35 pm - 2:20 pm	M \$350/NM \$420
Tues	5:15 pm - 6:00 pm	M \$350/NM \$420
Thurs	5:15 pm - 6:00 pm	M \$350/NM \$420
Sat	2:20 pm - 3:05 pm	M \$350/NM \$420

