

5 years old – 14 years old

Advanced

Course Goals

- Flutter kick in proper streamline position for 100 yards,
- Freestyle swim with bilateral breathing 100 yards,
- Backstroke swim 100 yards,
- Breaststroke swim 50 yards,
- Butterfly swim 50 yards,
- Tread water, 5 minutes
- Front dive, Flip turns

Advanced Level Schedule

Sun	1:40 pm - 2:25 pm	M \$275/NM \$330
Tues	5:20 pm - 6:05 pm	M \$275/NM \$330
Thurs	5:20 pm - 6:05 pm	M \$275/NM \$330
Sat	2:25 pm - 3:10 pm	M \$275/NM \$330

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	1:40 pm - 2:25 pm	M \$275/NM \$330
Tues	6:05 pm - 6:50 pm	M \$275/NM \$330
Thurs	6:05 pm - 6:50 pm	M \$275/NM \$330
Sat	2:25 pm - 3:10 pm	M \$275/NM \$330



Calendar
Winter 2019

# sessions	Day	Start date	End date
11	Sun	01/20/19	03/31/19
9	Mon	01/14/19	03/25/19
11	Tues	01/15/19	03/26/19
11	Wed	01/16/19	03/27/19
11	Thurs	01/17/19	03/28/19
11	Sat	01/19/19	03/30/19

NO CLASSES
01/21, 02/18

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

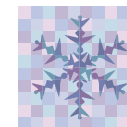


Learn to Swim Class Schedule
WINTER 2019

Kings Bay YM-YWHA
3495 Nostrand Avenue
(Between 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
and arm movement

Parent and Me Schedule

Sun	10:30 am - 11:15 am	M \$275/NM \$330
	11:15 am - 12:00 pm	M \$275/NM \$330
Sat	10:30 am - 11:15 am	M \$275/NM \$330
	11:15 pm - 12:00 pm	M \$275/NM \$330

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, and comfort on back

Beginner 1 Level Schedule

Sun	10:30 am - 11:15 am	M \$275/NM \$330
	11:15 am - 12:00 pm	M \$275/NM \$330
Mon	4:30 pm - 5:15 pm	M \$225/NM \$270
Wed	4:30 pm - 5:15 pm	M \$275/NM \$330
Sat	10:30 am - 11:15 am	M \$275/NM \$330
	11:15 am - 12:00 pm	M \$275/NM \$330
	12:00 pm - 12:45 am	M \$275/NM \$330

Beginner 2 Level

Course Goals

Jumping in and climbing out of water, head immersion, Proper streamline position, flutter kick in streamline position for 5 yards, swim free style and backstroke for 15 yards , Deep water trading for 15 seconds
and push off with streamline

Beginner 2 Level Schedule

Sun	10:30 am - 11:15 am	M \$275/NM \$330
	11:15 am - 12:00 pm	M \$275/NM \$330
Mon	4:30 pm - 5:15 pm	M \$225/NM \$270
Wed	4:30 pm - 5:15 pm	M \$275/NM \$330
Sat	10:30 am - 11:15 am	M \$275/NM \$330
	12:00 pm - 12:45 pm	M \$275/NM \$330

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 p m	M \$275/NM \$330
	12:50 pm - 1:35 pm	M \$275/NM \$330
Mon	5:15 pm - 6:00 pm	M \$225/NM \$270
Tues	4:30 pm - 5:15 pm	M \$275/NM \$330
Wed	5:15 pm - 6:00 pm	M \$275/NM \$330
Thurs	4:30 pm - 5:15 pm	M \$275/NM \$330
Sat	11:15 am - 12:00 pm	M \$275/NM \$330
	12:45 pm - 1:30 pm	M \$275/NM \$330
	1:35 pm - 2:20 pm	M \$275/NM \$330

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 \$275/NM \$330
Mon	5:15 pm - 6:00 pm	M \$225/NM \$270
Tues	4:30 pm - 5:15 pm	M \$275/NM \$330
Wed	5:15 pm - 6:00 pm	M \$275/NM \$330
Thurs	4:30 pm - 5:15 pm	M \$275/NM \$330
Sat	11:15 pm - 12:00 pm	M \$275/NM \$330
	12:45 am - 1:30 pm	M \$275/NM \$330

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, 1 minute and front dive

Intermediate Level Schedule

Sun	12:00 pm - 12:45pm	M \$275/NM \$330
	12:50 pm - 1:35 pm	M \$275/NM \$330
Mon	5:15 pm - 6:00 pm	M \$225/NM \$270
Tues	5:20 pm - 6:05 pm	M \$275/NM \$330
Wed	5:15 pm - 6:00 pm	M \$275/NM \$330
Thurs	5:20 pm - 6:05 pm	M \$275/NM \$330
Sat	12:45pm - 1:30 pm	M \$275/NM \$330
	1:35 pm - 2:20 pm	M \$275/NM \$330

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 \$275/NM \$330
Tues	4:30 pm - 5:15 pm	M \$275/NM \$330
Thurs	4:30 pm - 5:15 pm	M \$275/NM \$330
Sat	1:35 pm - 2:20 pm	M \$275/NM \$330

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 \$275/NM \$330
Tues	4:30 pm - 5:15 pm	M \$275/NM \$330
Wed	5:15 pm - 6:00 pm	M \$275/NM \$330
Thurs	4:30 pm - 5:15 pm	M \$275/NM \$330
Sat	1:35 pm - 2:20 pm	M \$275/NM \$330

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	1:40 pm - 2:25 pm	M \$275/NM \$330
Tues	5:20 pm - 6:05 pm	M \$275/NM \$330
Thurs	5:20 pm - 6:05 pm	M \$275/NM \$330
Sat	2:25 pm - 3:10 pm	M \$275/NM \$330

