

# Swim Team Preparation

9 - 14 Years Old

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.

Tuesday & Thursday: 6:00pm - 6:45pm

Saturday: 2:20pm - 3:05pm

Sunday: 1:35pm - 2:20pm

## Class Dates

10 Mondays: 4/13/2020 - 6/22/2020

(No Class 5/25)

11 Tuesdays: 4/14/2020 - 6/23/2020

11 Wednesdays: 4/15/2020 - 6/24/2020

11 Thursdays: 4/16/2020 - 6/25/2020

11 Saturdays: 4/11/2020 - 6/20/2020

11 Sundays: 4/12/2020 - 6/21/2020

## Prices

Monday: Members \$250/Non-Members \$300

Tuesday: Members \$275/Non-Members \$330

Wednesday: Members \$275/Non-Members \$330

Thursday: Members \$275/Non-Members \$330

Saturday: Members \$275/Non-Members \$330

Sunday: Members \$275/Non-Members \$330



## FAQ

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?

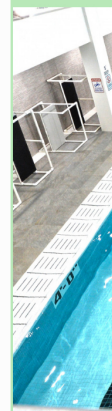
You can watch your child learn to swim from the balcony on the second floor.

How warm is the pool?

Our pool is kept between 82-84 degrees



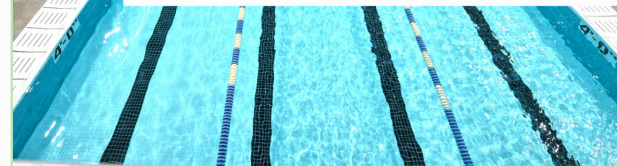
3495 Nostrand Ave.  
(between Ave. U and V)  
Brooklyn, NY, 11229



## Learn to Swim

Spring 2020

Class Schedule



**For More Info Contact:**

**718-648-7703 ext. 0**

**info@kingsbayy.org**

**www.kingsbayy.org**



## 4 Months - 3.5 Years Old

### Parent and Me

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. Children will develop their water-based motor skills such as breath control, kicking, bobbing and floating, and will learn to enjoy being in the water.

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

## 3 - 5 Years Old

### Beginner 1

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.

Monday & Wednesday: 4:30pm - 5:15pm

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

### Beginner 2

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

Monday & Wednesday: 4:30pm - 5:15pm

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

## 5 - 8 Years Old

### Beginner 1

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

### Beginner 2

Monday & Wednesday: 5:15pm - 6:00pm  
Tuesday & Thursday: 4:30pm - 5:15pm  
Saturday: 12:00pm - 12:45pm, 12:45pm - 1:30pm  
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.

Monday & Wednesday: 5:15pm - 6:00pm (Wide)  
Tuesday & Thursday: 5:15pm - 6:00pm (Long)  
Saturday: 12:45pm - 1:30pm, 1:30pm - 2:15pm (Wide)  
2:20pm - 3:05pm (Long)  
Sunday: 12:00pm - 12:45pm, 12:45pm - 1:30pm (Wide)  
1:35pm - 2:20pm (Long)



## 9 - 14 Years Old

### Beginner 1

Tuesday & Thursday: 4:30pm - 5:15pm  
Saturday: 1:30pm - 2:15pm  
Sunday: 12:45pm - 1:30pm

### Beginner 2

Tuesday & Thursday: 4:30pm - 5:15pm  
Saturday: 1:30pm - 2:15pm  
Sunday: 12:45pm - 1:30pm

### Intermediate

Tuesday & Thursday: 5:15pm - 6:00pm  
Saturday: 2:20pm - 3:05pm  
Sunday: 1:35pm - 2:20pm

## 5 - 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.

Tuesday & Thursday: 5:15pm - 6:00pm  
Saturday: 2:20pm - 3:05pm  
Sunday: 1:35pm - 2:20pm

