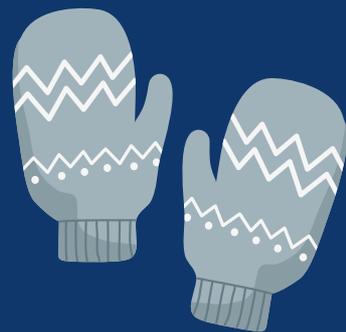




**Learn to Swim Program
Winter 2024
Season
Course Booklet**



Course Schedules- Winter 2024

Parent and Me:

Saturday:

11:00 AM- 11:45 AM

12:00 PM- 12:45 PM

Sunday:

11:00 AM- 11:45 AM

12:00 PM- 12:45 PM

Beginner 1

Ages 3-5

Tuesday/Thursday

4:15 PM- 5:00 PM

Saturday/Sunday:

11:00 AM- 11:45 AM

Beginner 1

Ages 5-8

Monday/Wednesday

4:15 PM- 5:00 PM

Tuesday/Thursday

5:15 PM- 6:00 PM

Saturday/Sunday:

12:00 PM- 12:45 PM

Beginner 1

Ages 9-14

Monday/Wednesday

4:15 PM- 5:00 PM

Tuesday/Thursday

4:15 PM - 5:00 PM

Saturday/Sunday:

12:45 PM - 1:30 PM

Saturday (5-14):

1:35 PM - 2:20 PM

Beginner 2

Ages 3-5

Tuesday/Thursday

4:15 PM - 5:00 PM

Saturday/Sunday:

11:00 AM - 11:45 AM

Beginner 2

Ages 5-8

Monday/Wednesday

4:15 PM- 5:00 PM

Tuesday/Thursday

5:15 PM - 6:00 PM

Saturday/Sunday:

12:00 PM- 12:45 PM

12:45 PM - 1:30 PM

Course Schedules - Winter 2024

Beginner 2

Ages 9-14

Monday/Wednesday

4:15 PM- 5:00 PM

Tuesday/Thursday

4:15 PM - 5:00 PM

Saturday/Sunday:

12:45- 1:30 PM

Saturday (5-14):

1:35 PM - 2:20 PM

Intermediate Wide

Ages 5-8

Tuesday/Thursday

5:15 PM- 6:00 PM

Saturday/Sunday

12:45 PM- 1:30 PM

Intermediate

Ages 9-14

Monday/Wednesday

5:15 PM - 5:00 PM

Tuesday/Thursday

5:15 PM- 6:00 PM

Saturday/Sunday

1:35 PM - 2:20 PM

Intermediate Long

Ages 5-8

Monday/Wednesday

5:15 PM- 6:00 PM

Saturday/Sunday

1:35 PM- 2:20 PM

Advanced

Ages 5-14

Monday/Wednesday

5:15 PM- 6:00 PM

Saturday/Sunday:

1:35- 2:20 PM



Meet The Instructors

Our Swim Instructors are committed to offering the safest and most efficient swimming lessons for your young ones. They have worked tirelessly to create a safe and fun learning environment in order to make the most out of your child's experience in the Learn to Swim Program. Below you will be able to read more about who will be guiding and teaching your child throughout the duration of this program!

Gennady



Gennady has been a Swim Instructor with the Kings Bay Y since 2002. Gennady has dedicated his entire life to helping children develop and master the art of swimming. Gennady is a motivational teacher and loves to create a fun learning environment for everyone.

Jacob

Jacob has been a swimming instructor for nearly 10 years. He used to compete on the college swimming team, and was a lifeguard on our beloved Coney Island beach. Swimming, like any other skill, requires a particular approach that matches one's learning style, and Jacob dedicates himself to find a unique approach for you and your child to learn how to swim as optimally as possible.



Matwii



Matwii has been a swimming instructor at Kings Bay Y since 2023. Swimming is one of the many sports that Matwii was involved in during his childhood. During his teenage years, he competed in swimming competitions for his school. He creates a fun learning environment and thinks all children should take swimming classes to learn important life skills.

Max

Max has been a Swim Instructor with the Kings Bay Y since 2020. Max was a swimmer for the entirety of his childhood and adolescence, competing for multiple teams and winning championships for his high school. Max is an expert in the strokes of Butterfly and Freestyle.



Ari



Ari has been a swim instructor at Kings Bay y since 2022. Ari is a water polo player and represents Y Pro Water Polo Club in the Regional and National water polo tournaments. As a swimming instructor Ari creates an exciting learning environment and loves to develop personal connections.

Adelya



Adelya has been a swim instructor at the Kings Bay Y since 2018. Adelya prides herself in creating a challenging learning environment. She loves to challenge her kids and push them to their full potential. Adelya was a swimmer throughout High School and won several city level championships for her school. She is a master of the freestyle stroke

Daniel



Daniel has been an instructor with Kings bay y since 2020 and he was a competitive swimmer throughout his childhood. He began playing water polo for Y Pro Water Polo Club when he was 14. He loves to create a fun and exciting learning environment where kids can develop friendship along with improving interpersonal skills.

Michael



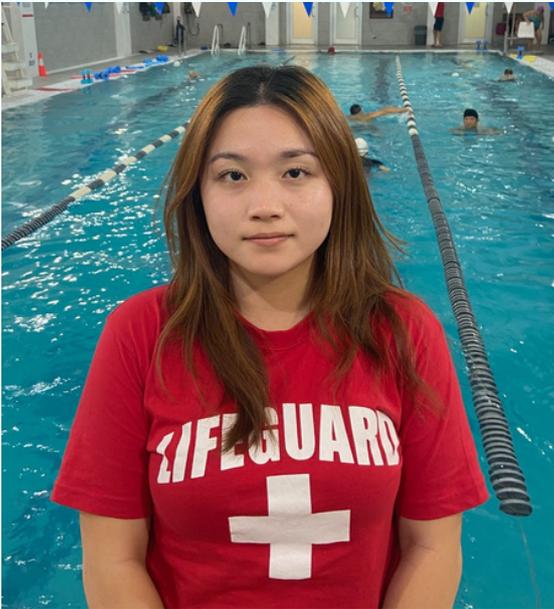
Michael has been a swimming instructor with Kings Bay Y since 2022. Throughout his adolescence, he played for the Y Pro water polo club and swam competitively for his high school swim team. Michael creates a rigorous learning environment for students and looks for a challenge mixed with fun and students comfort in the water.

Mark

Mark is a swim instructor at the Kings Bay Y. He has been an active water polo player for the past eight years with our Y Pro Water Polo team . Mark learned to swim at the Kings Bay Y himself and is passionate about teaching kids to learn this life skill.



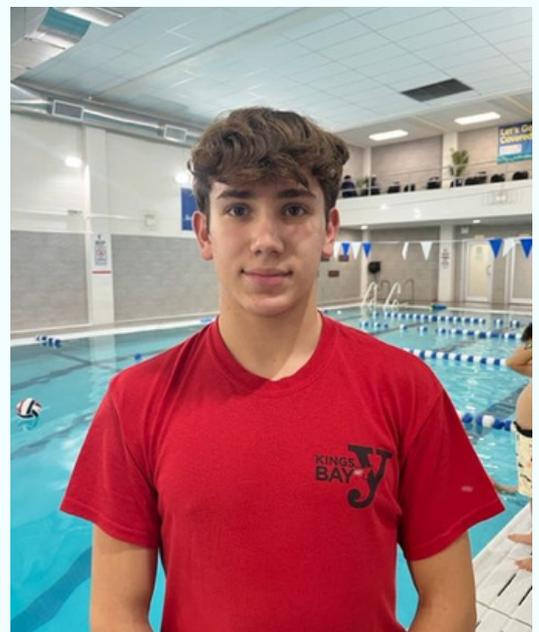
Rachel



Rachel has been with Kings Bay Y since 2023. She is a high school student who loves the process of education and working with the kids. Rachel is an expert in creating a fun learning environment and teaching students of all ages and skill levels with her unique approach to every student.

Eduard

Eduard has been a Swim Instructor with the Kings Bay Y since 2021. Eduard was a competitive water polo player for the Y Pro water polo team, competing and winning multiple championships and helping his team climb to the top division in the country. Eduard is an expert in the strokes of Breaststroke and Backstroke.



Parent & Me

The Parent and Me class is a child's first structured aquatic experience that forges a bond between parents and children in the water. This class is designed to introduce your child to the aquatic environment, while still ensuring comfort and safety. Children will develop water-based motor skills such as breath control, kicking, bobbing, and floating, and will learn to enjoy being in the water.

Skills & Drills:

- Learning comfort in the water
- An introduction to breath control and breathing patterns
- Submersion in water and combining body movement skills such as kicking, reaching, grabbing, and range of arm movement.





Beginner 1

Ages 3-5

This is our entry-level beginner course that 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.

Skills & Drills:

- Blowing bubbles with comfortable submersion
- Head submersion
- 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

5-8 & 9-14

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

Skills & Drills:

- Freestyle kick with barbell
- Backstroke kick with barbell
- Backstroke Kick with head support

Beginner 2

Ages 3-5

This is the second phase of our entry level course that is intended for children with limited experience in the water, but are more comfortable utilizing their beginner skills. Goals are differentiated from our Beginner 1 level as they progress throughout the semester.

Skills & Drills

- Jumping in and climbing out of water
- Blowing bubbles with comfortable submersion
- Head submersion
- 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

5-8 & 9-14

This is the second phase of our entry level course that is intended for older children with limited experience in the water, but are more comfortable utilizing their beginner skills. Goals are differentiated from our Beginner 1 and Beginner 2 ages 3-5 as they progress throughout the semester.

Skills & Drills:

- Freestyle kick streamline with instructors assistance
- Backstroke kick with instructors assistance
- Freestyle swim and rhythmic breathing with dumbbell between legs and assistance if needed
- Backstroke swim with dumbbell between legs with assistance
- Jumping

Intermediate Wide (10 yards)

Builds on the skills in the Beginner 2 level by providing additional guided practice while swimming the width of the pool. 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.**

Skills & Drills

- Learning to flutter kick front and back in the proper streamlined position
- Dolphin kick, tread water for 1 minute
- Front dive, freestyle, backstroke, and breaststroke swimming for a length of 30 yards

***Participants must have the teacher's recommendation to enroll.**

Intermediate Long (25 yards)

Skills & Drills

- Freestyle Kick
- Single Arm Dumbbell Freestyle Breath Every Stroke
- Butterfly Kick with Board
- Butterfly Arms with Freestyle Kick (Rotating Shoulders)
- Backstroke

***Participants must have the teacher's recommendation to enroll.**

Advanced

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

Skills & Drills:

Breaststroke Kick (Board)
Breaststroke Arms, Freestyle Kick
Breaststroke
Catch Up Drill Freestyle
Freestyle
Butterfly Kick (Board)
Reverse Breaststroke On Back

Swim Team Prep

Our highest level class provides a team-like training atmosphere for swimmers who want to practice frequently. Swimmers gain quality endurance training and improve fitness to an optimum level. They will refine stroke techniques and learn competitive skills such as pace-clock orientation. This class will prepare swimmers to join any swim team and become a stronger and faster swimmer.

Skills & Drills:

200 Meter Warm Ups
Butterfly Kick (Board)
Reverse Butterfly (On Back)
Reverse Breaststroke (On Back)
Freestyle
1,1,2 Butterfly
Racing and Diving

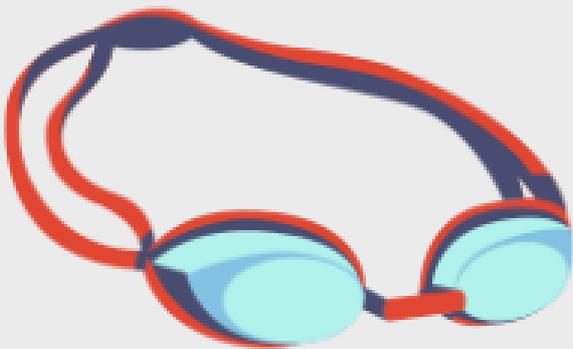
LEARN TO SWIM IMPORTANT NOTICE

Dear Parents,



Please note that lesson 9 for **ALL** Learn to Swim courses will be an examination/test day in order to evaluate your child's progress throughout the course.

Thank you!



visit kingsbayy.org for more info



Frequently Asked Questions

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 the 3-5 age group; 1:5 for beginners ages 5-14, and 1:7 for all other groups and levels.

What is your make-up policy?

Participants are allowed TWO make-up classes within the current semester. All make-up classes require a doctor's note, unless approved by administration.

What is your observation policy?

You can watch your child learn to swim from the balcony on the second floor. No parents will be allowed on the pool deck once the lesson begins. Parents must exit the pool deck through the emergency side door.

How warm is the pool?

Our pool is kept between 82-84 degrees

Frequently Asked Questions

When are classes typically offered?

We run a semester-based program and hold classes in the fall, winter, spring, and summer seasons.

How big is the pool?

All of our LTS participants get to utilize our junior Olympic size swimming pool which is 25 yards in length.

How often is the pool cleaned?

Our filters run 24 hours per day, 7 days per week. During each 24 hour cycle the pool is cleaned 4 times, once every 6 hours. The pool is super chlorinated one time per week; chlorine levels and temperature are electronically controlled and monitored.

Do you offer swimming lessons for students with special needs or disabilities?

Yes! We encourage you to book private swimming lessons for a more individualized experience. Please note that private lessons are dependent on the instructors availability.

Can I have my child participate in a trial lesson before we register?

At this time, we are not able to offer any trial lessons due to limited staff and the scheduling of the pool.

How do I know what swim level my child should begin with?

Please refer to the parent booklet, which offers descriptions of the skills that are aligned with each level. If your child has little to no experience in the water, they will most likely be placed in our Beginner 1 course.

How can I track my child's progress?

Swim tests will be conducted on the 9th lesson of each semester. Upon completion of the swim test, the instructor will report on whether or not your child is ready for the next level.

How do I know when to register?

Registration typically opens up about a month prior to the start of the new semester. Please follow along with our website for upcoming registration dates!

Is purchasing an ID card mandatory for my child's classes?

They are not mandatory, but are recommended. You're more than welcome to purchase one at the front office or add it to your purchase when registering online.

Do you offer discounted prices for current Kings Bay Y Members?

Members receive \$5 off of each class.

What is the duration of each lesson?

All of our LTS classes run for 45 minutes.

Frequently Asked Questions

Do you sell swim accessories on site?

Yes. We sell swimming caps and goggles for \$7 per item. Please stop by our front office or add them on to your purchase when registering online.

What languages do our instructors speak?

All lifeguards and instructors speak English. Many of them speak Russian as well.

What forms need to be filled out during the registration process?

The application and LTS contract need to be completed in order to proceed with enrollment.

Can I register for more than one class time?

You're more than welcome to sign up for more than one class. Please add each day and time you would like when registering online.

Are shoes required by the pool?

They are not required, but we recommend that every student has a pair of reliable water shoes.

Can my child use the steam room and the sauna?

As per department of health guidelines no one under the age of 16 years old is allowed in the sauna or steam room.