

5 years old — 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.

Advanced Level Schedule

Sun	1:30 pm - 2:15 pm	M \$200/NM \$240
Tues	5:15 pm - 6:00 pm	M \$200/NM \$240
Thurs	5:15 pm - 6:00 pm	M \$176/NM \$216
Sat	2:15 pm - 3:00 pm	M \$200/NM \$240

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	1:30 pm - 2:15 pm	M \$200/NM \$240
Tues	5:15 pm - 6:00 pm	M \$200/NM \$240
Thurs	5:15 pm - 6:00 pm	M \$175/NM \$210
Sat	2:15 pm - 3:00 pm	M \$200/NM \$240



Kings Bay Y

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

Calendar Summer 2019

# sessions	Day	Start date	End date
8	Mon.	07/01/19	08/19/19
8	Tues.	07/02/19	08/20/19
8	Wed.	07/03/19	08/21/19
7	Thurs.	07/11/19	08/22/19
8	Sat.	07/06/19	08/24/19
8	Sun.	07/07/19	08/25/19

NO CLASSES

07/04

Where is my child's class located?

All classes are held in the Kings Bay Y building. Please bring your confirmation letter 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 and towel. A swim diaper is mandatory for Parent and Me classes. Swim goggles are also recommended.

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 on deck until the instructor indicates start of class.

Where can I keep my belongings during the lesson?

The locker rooms are available for daily use. 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 on the pool deck is now available as well.

What is your student to teacher ratio?

1:4 for youngest group; 1:6 for beginner level classes;
1:7 for intermediate, advanced and pre-competitive.

What is your make-up policy?

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

SUMMER 2019 CLASS SCHEDULE



For more information please contact:
Eugene at 718-648-7703 ext. 221
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.

Parent and Me Schedule

Sun	11:15 am - 12:00 pm	M \$200/NM \$240
	12:00 pm - 12:45 pm	M \$200/NM \$240
Sat	11:15 am - 12:00 pm	M \$200/NM \$240
	12:00 pm - 12:45 pm	M \$200/NM \$240

3.5 years old — 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.

Beginner 1 Level Schedule

Sun	11:15 am - 12:00 pm	M \$200/NM \$240
Mon	4:30 pm - 5:15 pm	M \$200/NM \$240
Wed	4:30 pm - 5:15 pm	M \$200/NM \$240
Sat	11:15 am - 12:00 pm	M \$200/NM \$240
	12:00 pm - 12:45 pm	M \$200/NM \$240

Beginner 2

This is the second phase of our entry level course that is intended for children with limited experience in the water. The goal of this course is to get children to be able to begin swimming independently.

Beginner 2 Level Schedule

Sun	11:15 am - 12:00 pm	M \$200/NM \$240
Mon	4:30 pm - 5:15 pm	M \$200/NM \$240
Wed	4:30 pm - 5:15 pm	M \$200/NM \$240
Sat	11:15 am - 12:00 pm	M \$200/NM \$240
	12:00 pm - 12:45 pm	M \$200/NM \$240

5 years old — 8 years old

Beginner 1 Level Schedule

Sun	12:00 pm - 12:45 pm	M \$200/NM \$240
Mon	5:15 pm - 6:00 pm	M \$200/NM \$240
Tues	4:30 pm - 5:15 pm	M \$200/NM \$240
Wed	5:15 pm - 6:00 pm	M \$200/NM \$240
Thurs	4:30 pm - 5:15 pm	M \$175/NM \$210
	5:15 pm - 6:00 pm	M \$175/NM \$210
Sat	11:15 am - 12:00 pm	M \$200/NM \$240
	12:45 pm - 1:30 pm	M \$200/NM \$240
	1:30 pm - 2:15 pm	M \$200/NM \$240

Beginner 2 Level Schedule

Sun	12:00 pm - 12:45 pm	M \$200/NM \$240
	12:45 pm - 1:30 pm	M \$200/NM \$240
Mon	5:15 pm - 6:00 pm	M \$200/NM \$240
Tues	4:30 pm - 5:15 pm	M \$200/NM \$240
Wed	5:15 pm - 6:00 pm	M \$200/NM \$240
Thurs	4:30 pm - 5:15 pm	M \$175/NM \$210
Sat	12:45 pm - 1:30 pm	M \$200/NM \$240

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

Intermediate Level Schedule

Sun	12:45 pm - 1:30 pm	M \$200/NM \$240
	1:30 pm - 2:15 pm	M \$200/NM \$240
Mon	5:15 pm - 6:00 pm	M \$200/NM \$240
Tues	5:15 pm - 6:00 pm	M \$200/NM \$240
Wed	5:15 pm - 6:00 pm	M \$200/NM \$240
Thurs	5:15 pm - 6:00 pm	M \$175/NM \$210
Sat	1:30 pm - 2:15 pm	M \$200/NM \$240
	2:15 pm - 3:00 pm	M \$200/NM \$240

9 years old — 14 years old

Beginner 1 Level Schedule

Sun	12:45 pm - 1:30 pm	M \$200/NM \$240
Tues	4:30 pm - 5:15 pm	M \$200/NM \$240
Thurs	4:30 pm - 5:15 pm	M \$175/NM \$210
Sat	1:30 pm - 2:15 pm	M \$200/NM \$240

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