

Swim Team Preparation

5 - 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.

Monday & Wednesday: 5:15pm - 6:00pm

Saturday: 1:35pm-2:20pm

Sunday: 1:35pm-2:20pm

Class Dates

14 Mondays: 09/12/2022 - 12/19/2022

(NO CLASS 9/26)

14 Tuesdays: 09/13/2022 - 12/20/2022

(NO CLASS 10/4)

14 Wednesdays: 09/14/2022 - 12/21/2022

(NO CLASS 10/5)

14 Thursdays: 09/15/2022 - 12/22/2022

(NO CLASS 11/24)

14 Saturdays: 09/10/2022 - 12/17/2022

(NO CLASS 11/26)

14 Sundays: 09/11/2022 - 12/18/2022

(NO CLASS 9/25 & 11/27)

Prices

Monday: Members \$350/Non-Members \$420

Tuesday: Members \$350/Non-Members \$420

Wednesday: Members \$350/Non-Members \$420

Thursday: Members \$350/Non-Members \$420

Saturday: Members \$350/Non-Members \$420

Sunday: Members \$350/Non-Members \$420



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 pool and locker rooms.

What do I need to bring to the swimming lesson?

Your child will need a bathing suit, swim cap, and towel. All participants must come dressed in swim suits u

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. Masks must be worn in the locker rooms and pool deck at all times.

What is your student to teacher ratio ?

1:5 for youngest group, 1:7 for all other groups and levels.

What is your make-up policy?

There will be 2 make-up classes offered through the Fall 2022 semester. No refunds will be issued for any missed classes.

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



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



PLEASE VISIT OUR
WEBSITE TO READ
ABOUT OUR UPDATED
SAFETY PRACTICES

For More Info Contact:
718-648-7703 ext. 0
info@kingsbay.org
www.kingsbay.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: 11:00am - 11:45am,
12:00 pm - 12:45pm
Sunday: 11:00am - 11:45am,
12:00pm - 12:45pm

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.

Tuesdays & Thursdays: 4:15pm - 5:00pm
Saturday & Sunday: 11:00am - 11:45am

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.

Tuesday & Thursday: 4:15pm - 5:00pm
Saturday & Sunday: 11:00am - 11:45am



5 - 8 Years Old Beginner 1

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

Beginner 2

Monday & Wednesday: 4:15pm - 5:00pm
Tuesday & Thursday: 5:15pm - 6:00pm
Saturday: 12:00pm - 12:45pm, 12:45-1:30pm
Sunday: 12:00pm - 12:45pm, 12:45- 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 (Long)
Tuesday & Thursday: 5:15pm - 6:00pm (Wide)
Saturday: 12:45pm - 1:30pm (Wide),
1:35pm - 2:20pm (Long)
Sunday: 12:45pm - 1:30pm (Wide),
1:35pm - 2:20pm (Long)



9 - 14 Years Old Beginner 1

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

Beginner 2

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

Intermediate

Monday & Wednesday: 5:15pm - 6:00pm
Saturday: 1:35pm - 2:20pm
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.

Monday & Wednesday: 5:15pm - 6:00pm
Saturday: 1:35pm - 2:20pm
Sunday: 1:35pm - 2:20pm

