

# Kingsgate I & II Pool

## 2023 Summer Swim Lesson Program

### SESSION I & II

**Lesson Sessions**

**Session I** July 3 - July 14 (9 days \$72/Member & Guest Member, \$85/Nonmember)  
**Session II** July 17 - July 28 (10 days \$80/Member & Guest Member, \$160/Nonmember)  
 \*\*Class times are: 10:15-10:45, 10:50 -11:20, & 11:25 -11:55 (Session 1 and 22)

**Session III** July 31 – Aug 11 (10 days \$80/ Member & Guest Member, \$160/Nonmember)  
**Session IV** Aug.14 - Aug. 18 (5 days \$40/Member & Guest Member, \$80/Nonmembers)  
 \*\*Class times are: 9:15-9:45, 9:50-10:20, 10:25-10:55

**Registration**

Registration opens on Tuesday, June 19th, 3:30pm, at the pool house. Registrations will be processed on a first come first serve basis. You may register for any TWO sessions at any time and each family is required to fill out separate registration forms for each session. Only Credit Card payments will be accepted on the first day of each lesson session. Members receive first priority for classes up to one week prior to the start of each session. Registration for each session ends one week prior to the beginning of the session, no forms will be accepted after that point.

**Lesson Plan**

Thirty (30) minute lessons Monday through Friday for two weeks, except for Session 1 which is 9 days, due to the 4<sup>th</sup> of July holiday and Session IV which is a five-day session. A minimum of 3 students are required to run a class. Please note the following class limit size.  
 Pre 1,2 & 3 class limit 4  
 Level 1 & 2 class limit 5  
 Level 3, 4 & 5 class limit 6  
 Pre-comp class limit is 8

**Teaching Technique**

We stress gentle, positive teaching methods to help swimmers learn water safety as well as water skills.

**Cancellation Policy**

We teach rain or shine in our heated outdoor pool. No make-up lessons due to sickness or planned vacations.

**Questions**

For questions regarding the program or assistance with assessing placement levels for your children, please contact our swim lessons coordinator, Lauren Caruso (kg12lessons@gmail.com). For all other questions, please contact the pool manager, Terra Hutchison @ ([kingsgate12poolmanager@gmail.com](mailto:kingsgate12poolmanager@gmail.com))

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**Registration Form (must be accompanied with payment in full)**

Children's Names	Age	Class Level
_____	_____	_____
_____	_____	_____
_____	_____	_____

**Session I: July 3 – July 14**

Class Offerings: Pre School 1, 2, 3 (ages 3 to 5) Levels 1, 2, 3, 4, 5 (ages 6 to 12) Race Class (Advanced)  
 Parent Name(s) \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_  
 E-mail address for class confirmation \_\_\_\_\_  
 Mailing Address \_\_\_\_\_

Preferred method of contact: Text  Call  Email

Office Use Only—Date Received __ - __ - __ HOA Member/Guest Member/Non-Member Lot Number _____
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Pre-1: Ages 3-5. Instruction is centered on personal and water exploration through songs and games.

- Core Skills taught: Safety around water, intro to blowing bubbles, submerging head 3x, reaches and pull (ice cream scoops) relaxed front and back floats, kicking front and back.
  - **To pass into Pre-2 students must be proficient in above skills.**

Pre-2: Ages 3-5 Instruction is centered on safety and skills development.

- Core Skills taught: Building on lessons learned in Pre1
- In addition, skills will include intro to side breathing by reaches and pulls then rolling to back for breath, back floats, front floats, intro and back glides with assistance, intro to back stroke and elementary back stroke.
  - **To pass into pre--3 students must be able to float on front and back independently for 10 seconds, crawl stroke 5 yards incorporating rolling on back for breath. Basic knowledge of back and elementary stroke.**

Pre-3: Ages 3-5: Swimming independently.

- **Core skills taught:** Building on lessons learned in Pre-2
- Swimming independently and progress toward proficiency for each stroke. Intro kneeling and sanding dives.
  - **To pass into Youth 1 student must be 6 years old and proficient in above skills.**

Level 1 Ages 6 & up: Instruction is centered on personal safety and water exploration. Building trust, having FUN!

- **Core skills taught:** Safety around water, intro to blowing bubbles, submerging head 3x, assistance in reaches and pulls, relaxed front and back float, kicking on front and back with assistance.
  - **To pass into Level-2, students must be proficient in above skills.**

Level 2 Ages 6 & up: Instruction is center on safety and skill development.

- **Core Skills Taught:** Building on lessons learned in Youth-1
  - In addition, skills will include intro to side breathing by practicing reaches, pulls and rolling to back for breath, independent front and back floats, intro to front and back glides with assistance, intro to back and elementary back stroke.
  - **To pass into Youth-3 students must be proficient in level 2 skills, which includes independent crawl stroke, basic knowledge in back and elementary stroke.**

Level 3: Ages 6 & up: Swimming independently.

- **Core Skills taught:** Building on lessons learned in Youth-2. In additions, instruction will include progress in swimming crawl across the pool, front and back glides 10 yards, back stroke, elementary back stroke, breaststroke, intro to treading water.
  - **To pass into Youth-4 students must be proficient in crawl stroke with basic knowledge in back elementary stroke for 25 yards.**

Level 4 Ages 6 & up: knowledge in all strokes.

- Core Skills Taught: Focus on bilateral breathing, intro to butterfly, advancement of all strokes through refinement and endurance, trading water, into to continuous swimming and diving off blocks.
  - **To pass into Youth-5, students must be proficient in crawl stroke, back stroke, elementary stroke for 50-yard and breaststroke for 15 yards with proper arm movement and whip kick.**

Level 5 Ages 6 & up: Refine technique and endurance.

- Core Skills taught: Mastery of strokes, and endurance. Instruction will place an emphasis on the four major strokes, diving, flip turns, and swim team terminology.
  - **To pass into Pre-Comp class you must be proficient in all stroke and swim 25 yards.**

Pre-Comp Race Class: Geared to the competitive swimmer, focusing on turns, diving, and stroke refinement.

- Core Skills Taught: Stroke mastery, endurance, race diving and competitive turns