

Kingsgate I & II Pool

2022 Summer Swim Lesson Program

SESSION I

Sessions

I: July 5 – July 15 (9 days \$72/member, \$82/nonmember)
II: July 18 - July 29 (10 days \$80/member, \$90/nonmember)
***Class times are: 10:15 to 10:45, 10:50 to 11:20, & 11:25 to 11:55 AM (Sessions I & II)*

III: August 1 - August 12 (10 days \$80/member, \$90/nonmember)
IV: August 15- August 19 (5 days \$40/member, \$50/nonmembers)
***Class times are: 9:15 to 9:45, 9:50 to 10:20, & 10:25 to 10:55 (Sessions III & IV)*

Registration

Registration opens on Thursday, June 20th, at noon, at the pool house. Registrations will be processed on a first come first serve basis, and payment is due in full on first day of lesson(s). You may register for current session only. Each family is required to fill out separate registration forms for each session. Check, Credit/Debit Cards accepted, no cash please. Members receive first priority for classes up to one week prior to the start of each session. Nonmembers placed in remaining requested session(s).

Lesson Plan

Thirty (30) minute lessons Monday through Friday for two weeks, with the exception of 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 is 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 Karen King @ (206-947-8200) or (kg12lessons@gmail.com).

Registration Form (must be accompanied with payment in full)

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

Session I: July 5 – July 15

Class Offerings: Pre School 1, 2, 3 (ages 3 to 5) Levels 1, 2, 3, 4, 5 (ages 6 to 12) Pre-Comp (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 __ - __ - __ Member/Pool Lot Number _____

Class Level Descriptions

Pre-1: Ages 3-5. Instruction is centered on personal safety and water exploration. Building trust and having FUN!

- **Core skills taught:**
- Safety around water. Intro to blowing bubbles, submerging head 3x, reaches and pulls, (ice cream scoops) relaxed front and back floats, kicking on 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 skill development.

- **Core skills taught:**
- Building on lessons learned in Pre-1
- In addition, skills will include intro to side breathing by reaches and pulls then rolling to back for breath, back floats, front floats, intro to front 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 for 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 standing 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 and 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 addition, 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 a basic knowledge in back and 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, treading water, intro 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 strokes and swim 25 yards

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

Core Skills taught

- Stroke mastery, endurance, race diving and competitive turns.