



Kingston Parks and Recreation Pool Schedule 2017
www.kingstonparks.com or (376-9476)

The Community Center Pool will open Tuesday, May 30th thru Saturday, August 12th. Public swim is 1:00-4:30 pm



Water Exercise and Short Lap Swim will be June 5th thru August 10th 12:00-12:45 pm Monday thru Thursday (Water Exercise and Short Lap Swim are for Adults 18 years and over - no children please)

Registration for Starfish Swim Lessons will be held May 31st, June 1st & 2nd 11 a.m.- 6 p.m. at Community Center (\$40 payable at time of sign-up) (Registrations are accepted after these dates, based on availability)

Starfish Swim Lessons are held Monday thru Thursday for 45 minutes, eight classes in a two-week session (The Starfish Tot Level classes are held for 30 minutes per class) If there is a Kingston Swim Meet - there may be a date changes in your swim classes We do not cancel swim lessons in advance due to bad weather

Schedule of Starfish Swim Lessons:

A skills assessment will be done the first day of class to make sure the student is in the appropriate level (If there are less than four (4) in a class, lessons could be cancelled)

Table with 2 columns: Time and Class Name. Rows include 11 am Star Tots Level I (w/parents) Star School Level I & II, 5 pm Star School Level I & Level II, 6 pm Star Tots Level I(w/parents) Star Tots Level II, 7 pm Star School Level I Star Stroke School Level IV

Table with 2 columns: Time and Class Name. Rows include Leadership Camp and Camp Get Out during morning session, SESSION 3 July 10,11,12,13 & July 17,18,19,20, 5 pm Star Tots Level II Star Guard Jr., 6 pm Star Tots Level I (w/parents) Star Tots Level II

Table with 2 columns: Time and Class Name. Rows include SESSION 2 Jun 19,21,23 & Jun 26,27,28,29,30, 11 am Star School Level I & Level II, 5 pm Star Tots Level I (w/parents) & Level II Star School Level III, 6 pm Star Tots Level II Star School Level II, 7 pm Star Tots Level I (w/parents) Star School Level I & III

Table with 2 columns: Date and Activity. Rows include Additional Swim Activities: July 24,25,26,27 Family Swim 5-7:30 pm \$1.50 each, August 10th Back to School Bash 1-4:30 pm \$2.00 each

Star Tots Level I (w/parents) - age 6 months to 3 years
Star Tots Level II - age 4 to 5 years,
Star School Levels I, II, III- age 6 and over
Star Stroke School - 8 and over
Turn this sheet over for Starfish Class Descriptions

LESSONS \$40 (8 classes in two-week session)

PUBLIC SWIM \$2.50 / day 1:00 - 4:30 pm

\*No Charge for Adults 60 years and over\*

LAP SWIM 18 years and older, no charge

WATER EXERCISE 18 yrs and over, no charge

SEASON PASS \$70 Single \$130 Family

(a family pass is for up to six members in same household)

Get a %10 discount by June 16th

Pool Parties:

MONDAY thru FRIDAY 8-10 pm

SATURDAY 11 am-1 pm, 1:30-3:30 pm
4-6 pm 6:30-8:30 pm





SUNDAY 1:30-4:30 pm, (3 hours) 5-7 pm

3-hour party is \$120

Pool Party \$80 1-50 swimmers
Charges: \$100 51-75 swimmers
\$120 76-100 swimmers

## Starfish Swim Skill Levels

Please use this as a guide to see where your child best fits within our Aquatic Swim Lesson Program

 <p>Level I</p>	 <p>Level II</p>	 <p>Level I, II, and III</p>	 <p>Level IV</p>
Ages 9 months-3 years w/ Parent	Ages 3-5 years w/o parent	Ages 6+	Ages 8+ Geared toward Stroke perfection
\$40/ per person (Each sessions in 8 classes - 30min.)	\$40/ per person (Each sessions in 8 classes - 35min.)	\$40/ per person (Each sessions in 8 classes - 45min.)	\$40/ per person (Each sessions in 8 classes - 45min.)
Parent and Child Participation	Star Tots Level II for Preschool children taught in 3 ½ ' of water	Swim School Level I Swim School –Level II Swim School – Level III	Stroke School also known as Level IV
Description: Designed to be an infant's first introduction to water adjustment with an emphasis on parent participation / education as well as safety skills and fun. One child per adult. This incorporates games and introduces floating and breathing as well as flutter kicks.	Description: For preschool children who are ready to attend class on their own. Focus on swim readiness skills and safety. The class also teaches floating on front and back as well introduction to crawl stroke and elementary backstroke.	Description: For children over 5 yrs old beginning with little or no formal swim instruction. Class emphasis on breath control, submerging, front & back floats, intro to treading and freestyle and backstroke. <b>Key Elements</b> Level I – crawl stroke, safety, breath control, floating & water entry. Level II-breast stroke, back stroke, Treading (taught in 5' of water) Level III- back Stroke, diving, swim endurance. (taught in 5'-12' of water )	Description: For children over 8 yrs old with previous swim instruction. Class emphasis on the competitive strokes - backstroke, breaststroke, freestyle, and introduction to the butterfly. The class also teaches racing dives and deepwater dives. The class also focuses on swim endurance.

**Swim Lesson sign-ups begin May 31<sup>st</sup>, June 1<sup>st</sup>, June 2<sup>nd</sup> 11am-6pm. at Community Center**