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Kilpatrick Athletic Center launches SwimAmerica Lessons for Community

GREAT BARRINGTON, MA— The Kilpatrick Athletic Center (KAC) has partnered with SwimAmerica to launch a series of Fall 2024 swimming lessons to the community.

SwimAmerica, a national 'learn-to-swim' program designed to teach new swimmers endurance and technique, works with coaches and athletic trainers to offer lessons to their communities, including community members beginning their training at the age of three. Swimmers have fun and progress at their own pace with SwimAmerica's unique methodology, which emphasizes confidence, water safety, and excellent swimming technique from the child's very first lesson.

"Our goal in SwimAmerica is to teach water safety skills and excellent swimming technique. Every child that participates in our program will come out of it with more knowledge and skills to be safe in the water," said Assistant Aquatics Director John Vitell. "The Kilpatrick Athletic Center is proud to have been offering swim lessons for 26 years — since its opening."

The Kilpatrick houses an eight-lane, 25-yard pool with a minimal level of chlorinated, locally sourced spring water, which leaves the water soft and without chemical smell or taste, while also making it safe to swim in.

The Kilpatrick will launch lessons for young swimmers hoping to kick the school year off with a splash beginning Tuesday, September 10th. Pre-School learners — ages three and four — will begin Tuesdays, Sept. 10 to Oct. 29, 5:15 – 5:45 pm; Parent and Infant (seven months to three years old) lessons begin Tuesdays, Sept. 10 to Oct. 29, 4 – 4:30 pm.

School-age lessons for ages 5 to 13 will begin Tuesdays and Thursdays, Sept. 10 and 12 through Oct. 29 and 31, and will be broken into separate groups: Stations 1-5 will have class from 4:30 pm and 4:40 – 5:10 p.m. Stations 6-10 will attend from 5:20 – 6:00 p.m. If this is your child's

first time in our program, please register them for a stations 1-5 time slot, where the first class will be an evaluation.

Programs consist of seven lessons. Lessons will pause the week of October 1 and resume the following week. If you have any questions, feel free to reach out to John Vitell at jvitell@simons-rock.edu

Register for classes here: <https://simonsrock.captyn.com/>

Learn more about the Kilpatrick Athletic Center here: <https://simons-rock.edu/student-life/campus-experience/kilpatrick-athletic-center/index.php>

About Simon's Rock

[Bard College at Simon's Rock](#) is the only college in the country specifically designed for highly motivated students ready to enter college after the 10th or 11th grade. Simon's Rock offers a challenging program in the liberal arts and sciences, taught exclusively in small seminars by supportive, highly trained faculty, who are leading scholars in their fields. The College grants degrees in more than 35 majors. The Princeton Review's *Best 380 Colleges* rates academics at Simon's Rock higher than Harvard and Princeton.

[Bard Academy at Simon's Rock](#) is the nation's first two-year boarding and day program designed to prepare 9th and 10th graders to start college early. A student entering Bard Academy as a high school freshman will earn an Associate of Arts degree from Bard College at Simon's Rock after only four years and a Bachelor of Arts degree after only six years. The Academy curriculum is designed and taught by students' future college professors who are leading scholars in their fields.

[The Bard Queer Leadership Project](#) (BQLP) is a revolutionary, new Bachelor of Arts degree program designed for, and by, LGBTQIA+ college students to elevate LGBTQIA+ students and college graduates into leadership roles in school and across the workforce while serving as a space for actualizing educational practices designed for students to thrive. The centerpiece of BQLP is a four year dual major B.A. degree combining Queer Leadership with a second academic field.

For more information, visit simons-rock.edu and bardacademy.simons-rock.edu

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