

SPRING SWIM CLUB



WELCOME TO THE 2025 SEASON OF STINGRAYS! WE ARE EXCITED TO SEE BOTH NEW AND RETURNING SWIMMERS!

- SPRING SEASON WILL LOOK DIFFERENT THAN NORMAL AS WE START TO DETERMINE WHAT "TEAM" OUR KIDS WILL BE PLACED ON
- THE "A", "B" AND "C" TEAMS WILL ENSURE INCOMING SWIMMERS ARE AWARE OF SWIM TERMINOLOGY AND EXPECTATIONS OF SWIMMERS AT THE CLUB LEVEL TO PREPARE THEM FOR OUR COMPETITION SUMMER TEAM SHOULD THEY CHOOSE TO COMPETE

CAMP IS COACH LED WITH FOCUS ON IMPROVEMENT OF THE FOUR COMPETITIVE STROKES THROUGH DRILLS AS WELL AS STARTS AND TURNS
SPRING PRACTICE WILL BE SET-BASED IN HOPES TO IMPROVE TECHNIQUE AND ENDURANCE NEEDED FOR SPEED WORK IN THE SUMMERTIME

C TEAM

- COMPLETES ALL EXIT SKILLS FROM NORWALK SWIM LESSON PROGRAM
- BEGINNING KNOWLEDGE OF LAPS VS. LENGTHS (50 VS. 25 YARDS) OF THE POOL
- RECOGNIZES IM ORDER (FLY, BK, BR, FREE)
- RECALLS WHEN TO USE FLIP TURNS (FREE/BK) VS. OPEN TURNS (BR/FLY)
- RECALLS WHEN TO USE A ONE-HAND (FREE/BK) OR TWO-HAND FINISH (BR/FLY)

B TEAM

- 50 FREESTYLE IN LESS THAN 1:00
- 100 FREESTYLE IN LESS THAN 2:00
- 200 FREESTYLE IN LESS THAN 4:00
- ABLE TO FINISH A 400 FREE IN UNDER 8:00 (:60 PACE)
- LEGALLY SWIM A 100 IM
- ATTEMPTS ALL STREAMLINE, DOLPHIN KICKS, AND PULLOUTS
- DEMONSTRATES CIRCLE SWIMMING DURING PRACTICE. NO STOPPING

THROUGHOUT SET

A TEAM

- 50 FREESTYLE IN LESS THAN :45
- 100 IN LESS THAN 1:30
- 200 IN LESS THAN 3:00
- 500 FREESTYLE IN LESS THAN 8:30 (:50 PACE)
- LEGALLY SWIM A 200 IM
- MASTERY OF STREAMLINE, DOLPHIN KICKS, PULLOUTS AND TRANSITION TURNS
- TOUCH THE BOTTOM OF THE COMPETITION POOL (11.5 FEET) AND RETRIEVE A DIVE TOY (WITH GOGGLES)
- TREAD FOR 5 MINUTES (ARMS AND LEGS)

"SPRING-RAYS" CAMP SCHEDULE & FEES

TEAMS DENOMINATION IS DETERMINED BY AGE AND SKILL. FIRST TIME SWIMMERS SHOULD SIGN UP FOR THE 6-7PM SESSION

Dates: March 4th – 27th (Tuesdays & Thursdays)

***Registration 2/21 – 3/4 @ Rec Center front desk**

Time: A and B Team: 5:00 - 6:00 PM *max of 20/min of 4 reg

C and B Team: 6:00 - 7:00 PM *max of 20/min of 4 reg

Session Fee: \$48 mem; \$56 unv

Drop-In Rate: \$7 mem; \$8 unv



SPARKLE RAYS UPDATE

THIS PROGRAM IS CURRENTLY ON HOLD AS WE RECREATE OUR ADAPTIVE AQUATICS PROGRAM WITHIN THE SCOPE OF OUR NEW NORWALK REC CURRICULUM.

OUR **MISSION** IS TO PROVIDE MEANINGFUL TEAM-BASED SWIM OPPORTUNITIES WITHIN THE COMMUNITY SETTING TO IMPROVE SKILLS AND TECHNIQUE RELATING TO CONFIDENCE AND COMPETITION.

WE HOPE TO SWIM WITH YOU AGAIN SOON!

CLUB STINGRAYS PRACTICE SCHEDULE & FEES

Dates: April 8th - May 15th (Tuesdays & Thursdays)

***Registration 3/21-4/8 @ Rec Center front desk**

Time: A and B Team: 5:00 - 6:00 PM *max of 20/min of 4 reg

C and B Team: 6:00 - 7:00 PM *max of 20/min of 4 reg

Session Fee: \$72 mem; \$84 unv

Drop-In Rate: \$7 mem; \$8 unv