

CLUB STINGRAYS



GEARED TOWARD YOUNG SWIMMERS WHO MAY BE:

- WORKING ON DEVELOPING PERFORMANCE FOR FUTURE COMPETITIVE SWIMMING EXPERIENCES.
- LOOKING TO STAY ACTIVE OR CROSS-TRAIN IN A TEAM PRACTICE FORMAT.
- DEVELOPING TECHNIQUE AND FOUNDATIONS TO CONTINUE WITH THIS LIFE-LONG ACTIVITY.

IS MY CHILD READY? HERE ARE SOME EXPECTATIONS:

- SWIM 25 YARDS (1 LENGTH) CONTINUOUSLY USING FREESTYLE (8 & UNDER); SWIM 50 YARDS (9 & OLDER) **NO STOPPING**
- FUNDAMENTAL UNDERSTANDING OF THE FOUR COMPETITIVE SWIM STROKES
- ABLE TO DIVE FROM SIDE OF THE POOL AND/OR STARTING BLOCK
- EFFICIENTLY ABLE TO SWIM ON BACK AND SIDE
- ABLE TO SWIM COMFORTABLY WITH FACE IN THE WATER - ROTARY BREATHING TO THE SIDE
- PHYSICALLY ABLE TO COMPLETE A MINIMUM OF 600 YARDS (12 LAPS) OVER A 60 MINUTE PRACTICE
- SWIMMERS NEED TO HAVE THEIR OWN PAIR OF GOGGLES, A WATER BOTTLE, AND A SWIM CAP.

**IF YOUR CHILD DOES NOT YET MEET THESE EXPECTATIONS,
CHECK OUT THE GROUP SWIM LESSON OPTIONS.**

CLUB STINGRAYS PRACTICE SCHEDULE & FEES

Dates: Sept. 10 - Oct. 24 (Tuesdays & Thursdays) **NO CLASS: 9/24; 9/26; 10/15; 10/17*

Registration: 8/26 -9/12 @ Rec Center front desk

Time: Option A: 5:00 - 6:00 PM **max of 15/min of 4 reg* **Option B:** 6:00 - 7:00 PM **max of 15/min of 4 reg*

Session Fee: \$60 mem; \$70 unv

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

SPARKLE RAY SCHEDULE & FEES

Dates: Sept. 10 - Oct. 24 (Tuesdays & Thursdays)

**NO CLASS: 9/24; 9/26; 10/15; 10/17*

Registration: 8/26 - 9/12 @ Rec Center front desk

Time: 5:00 - 6:00 PM **a max of 6/min of 3 reg*

Session Fee: \$50 mem; \$60 unv

Drop-In Rate: \$6 mem; \$7 unv

SPARKLE RAYS

ALONG WITH OUR TRADITIONAL OFFERING OF STINGRAYS,
WE INCLUDE THE "SPARKLE" TEAM TO EXTEND THE
SWIM TEAM PRACTICE EXPERIENCE TO LOCAL ATHLETES
WITH SPECIAL NEEDS.

