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.

THE SESSIONS WILL FOCUS ON IMPROVEMENT OF:
THE FOUR COMPETITIVE STROKES • IMPROVEMENT OF STARTS & TURNS • STRENGTH & ENDURANCE DRILLS.

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.

SWIM STROKE CLINIC

ONE COMPETITIVE STROKE WILL BE FOCUSED ON EACH DAY.

Dates: March 5 - 28 (Tuesdays & Thursdays)

   Reg begins: 2/21 - 3/5 @ Rec Center front desk

Time: **Option A**: 5:00 - 6:00 PM *max of 8/min of 4 reg*

   Option B: 6:00 - 7:00 PM *max of 8/min of 4 reg*

Session Fee: $48 mem; $56 unv

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

CLUB STINGRAYS PRACTICE SCHEDULE & FEES

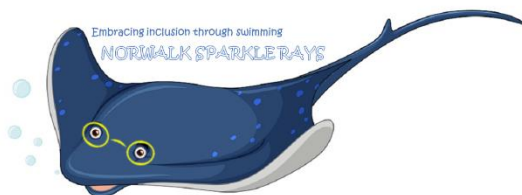**Dates:** April 9 - May 16 (Tuesdays & Thursdays)

   Reg begins: 3/25 - 4/9 @ 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: $72 mem; $84 unv

Drop-In Rate: $7 mem; $8 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.

SPARKLE RAY SCHEDULE & FEES

Dates: April 11 - May 16 (Thursdays ONLY)

   Reg begins: 3/25 - 4/9 @ Rec Center front desk

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

Session Fee: $30 mem; $36 unv

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