



# FALL SWIMMING

WE ARE EXCITED TO SEE BOTH NEW AND RETURNING SWIMMERS THIS FALL LEADING INTO THE STINGRAYS OFF-SEASON  
AND WILL BE CHEERING ON OUR MIDDLE SCHOOL AND HIGH SCHOOL COMPETITORS THIS WINTER

## CAMP STINGRAYS

**SESSION ONE OF CAMP** WILL BE FOR SEASONED SWIMMERS WHO ARE INTERESTED IN TECHNIQUE WORK TO REFINE THEIR SKILLS

**SESSION TWO OF CAMP** WILL BE FOR NEW, LEARNING AND ADAPTIVE SWIMMERS TO IMPROVE THEIR STROKES, TURNS AND STARTS

**SWIM TEST: 8/19 OR 8/21 AT 6PM**

- 1 MINUTE FRONT AND BACK FLOAT IN DEEP WATER
- 1 MINUTE TREADING WATER (ARMS AND LEGS)
- 25-YARD FREESTYLE
- 25-YARD BACKSTROKE
- 25-YARD ELEMENTARY BACKSTROKE (TIMING SHOULD BE CORRECT)
- 25 YARD BREASTSTROKE (TIMING CAN BE OFF)
- 25 YARD DOLPHIN KICK

## CAMP SCHEDULE & FEES

**TEAM DENOMINATION IS DETERMINED BY AGE AND SKILL. FIRST TIME SWIMMERS MUST HAVE PASSED LEVEL 3 GROUP SWIM LESSONS OR PARTICIPATE IN A FREE SWIM TEST ON TUESDAY AUGUST 19<sup>TH</sup> OR THURSDAY AUGUST 21<sup>ST</sup> AT 6:00PM**

**Dates:** Aug. 26<sup>th</sup> – 28<sup>th</sup> & Sept. 2<sup>nd</sup>- 4<sup>th</sup>  
(Tue, Wed, Thurs both weeks)

**Session One:** 5:00 - 6:00 PM \*max of 20/min of 4 registered

**Session Two:** 6:00 - 7:00 PM \*max of 20/min of 4 registered

**Registration @ Rec Center front desk starting 8/18**

**Session Fee:** \$36 mem; \$42 universal

**Drop-In Rate:** \$7 mem; \$8 universal

## C B and A Teams

*"C", "B" and "A" teams will ensure incoming swimmers are aware of swim terminology and expectations of swimmers at the club level to prepare them for competition teams should they compete in any winter athletics*

*A and B swimmers will be swimming for an hour and a half. They will be expected to participate in a longer warm up, complete drill work, then complete a white board "main" set with or without coach instruction.*

*Remaining B team swimmers and C team members will practice for one hour. Both learning and young swimmers will have a coach present to ask questions, offer feedback and provide direction and encouragement*

## CLUB STINGRAYS PRACTICE SCHEDULE & FEES

**Dates:** Sept. 9<sup>th</sup> – Oct. 8<sup>th</sup> (Tues. & Wed.) \*

**Time: A and B Team:** 5:00 - 6:30 PM \*max of 16/min of 4 registered

**B and C Team:** 5:30 - 6:30 PM \*max of 16/min of 4 registered

**Registration @ Rec Center front desk starting 9/2**

*\*NO PRACTICE 9/23 or 9/24 due to NHS 5<sup>th</sup>-12<sup>th</sup> grade stroke clinics*

**Session Fee:** \$48 mem; \$56 universal

**Drop-In Rate:** \$7 mem; \$8 universal

## SPARKLE RAYS\*\* UPDATE

**WE ARE EXCITED TO PILOT OUR ADAPTIVE STINGRAYS TEAM!**

THIS FALL, SWIMMERS WHO LEARN AND MOVE DIFFERENTLY CAN PARTICIPATE IN AN INCLUSIVE TEAM EXPERIENCE WITH SAME-AGED PEERS. SWIMMERS WHO FORMERLY SWAM ON THE "SPARKLE RAYS" TEAM WILL BE SWIMMING ALONGSIDE CLUB STINGRAYS. ALL SWIMMERS ARE EXPECTED TO MAINTAIN SAFETY WHEN SWIMMING INDEPENDENTLY AND MUST SUCCESSFULLY COMPLETE THE PREREQUISITE ABOVE TO PARTICIPATE WITH ASSISTANCE, ACCOMMODATIONS OR BY PURSUING RESOURCES AS AVAILABLE.

**BOTH NEW AND RETURNING SWIMMERS MUST COMPLETE THE ADAPTIVE STINGRAYS SWIM TEST ON AUGUST 19<sup>TH</sup> OR AUGUST 21<sup>ST</sup> AT 6PM TO PARTICIPATE**

## ADAPTIVE STINGRAYS\*\*

**SWIM TEST: 8/19 OR 8/21 AT 6PM**

OUR VISION IS TO PROVIDE MEANINGFUL TEAM-BASED SWIM OPPORTUNITIES THAT IMPROVE SKILLS AND TECHNIQUES RELATING TO CONFIDENCE AND COMPETITION TO SWIMMERS OF ALL ABILITIES WHO CAN COMPLETE THE FOLLOWING PREREQUISITE SWIM:

- 1 MINUTE FRONT FLOAT IN DEEP WATER
- 1 MINUTE BACK FLOAT IN DEEP WATER
- 1 MINUTE TREADING WATER (ARMS AND LEGS)
- 50-YARD FREESTYLE WITH RUDIMENTARY ROTARY BREATHING
- 50-YARD BACKSTROKE DEMONSTRATING BODY AWARENESS AND SAFETY SKILLS WHEN SWIMMING ON BACK