

# NORWALK



# SPRING SWIM CLUB

**STINGRAYS IS FOR AGES 6-18. FIRST TIME SWIMMERS MUST HAVE PASSED LEVEL 3 GROUP LESSONS OR COMPLETE A FREE SWIM TEST TO PARTICIPATE.**

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.

**THESE ARE NOT SWIM LESSONS - ALL SWIMMERS MUST BE STRONG, SAFE AND INDEPENDENT.**

**\*NEW ADAPTIVE SWIMMERS\*** MUST SCHEDULE A SWIM TEST WITH COACH CARISSA: [CLINK@NORWALKOH.COM](mailto:clink@norwalkoh.com) OR CALL 419-663-6775 x1030

THIS INCLUDES FLOATING, TREADING, SWIMMING ON FRONT WITH A BREATHING PATTERN, AND SWIMMING ON THEIR BACK WITH BODY AWARENESS. IF SWIMMERS ARE UNABLE TO COMPLETE ALL SKILLS, REASONABLE ACCOMMODATIONS WILL BE CONSIDERED BEFORE SWIMMERS ARE DISMISSED.

**\*NEW SWIMMERS\*** MUST PARTICIPATE IN A FREE SWIM TEST 2/24 OR 2/25 AT 6:00PM. REGISTRATION ENCOURAGED

SWIM TEST MUST DEMONSTRATE SWIMMERS' COMFORT FLOATING AND TREADING WATER AS WELL AS FAMILIARITY WITH FREESTYLE (ROTARY BREATHING REQUIRED), BACKSTROKE, ELEMENTARY BACKSTROKE, BREASTSTROKE AND DOLPHIN KICK. INDEPENDENT PRACTICE PRIOR TO ATTEMPT ENCOURAGED.

**QUALIFYING NEW SWIMMERS SHOULD REGISTER FOR SESSION 2, HIGH SCHOOLERS WILL START IN SESSION 1 UNLESS OTHERWISE INSTRUCTED**

<b>CAMP</b>	<b>CAMP</b> will be coach led with focus on improvement of the four competitive strokes through drills/technique work	<b>TEAMS</b> ("Adaptive", "C", "B" and "A") ensure swimmers are aware of swim terminology and practice expectations	<b>Tues/Wed/Thurs</b>		<b>Registration:</b> In-person @ Rec Center front desk starting 2/23
	<b>CAMP 1</b> March 3 <sup>rd</sup> – 5 <sup>th</sup> , March 10 <sup>th</sup> – 12 <sup>th</sup>	<b>Session 1</b> *max 20/min 4 reg. B and A Teams	5pm-6:30pm		<b>Fees</b> <b>Session 1 or 2 (6 days):</b> \$36 member    \$42 universal
	<b>CAMP 1</b> March 3 <sup>rd</sup> – 5 <sup>th</sup> , March 10 <sup>th</sup> – 12 <sup>th</sup>	<b>Session 2</b> *max 20/min 4 reg. Adaptive, C and B Teams	6:30-7:30pm		<b>Drop-in (daily rate):</b> \$7 member    \$8 universal

<b>PRACTICE</b>	<b>PRACTICE</b> will be set-based to increase endurance and refine strokes, starts and turns for competition	<b>TEAMS</b> ("Adaptive", "C", "B" and "A") allow swimmers with similar skills to be together	<b>Tues/Wed</b>	<b>Thurs</b>	<b>Registration:</b> In-person @ Rec Center front desk starting 3/9
	<b>PRACTICE 1</b> March 17 <sup>th</sup> – April 9 <sup>th</sup>	<b>Session 1</b> *max 16/min 4 reg. B and A Teams	5-6:30pm	5-6:30pm	<b>Fees</b> <b>Session 1 (12 days):</b> \$72 member    \$84 universal
	<b>PRACTICE 1</b> March 17 <sup>th</sup> – April 8 <sup>th</sup>	<b>Session 2</b> *max 16/min 4 reg. Adaptive, C and B Teams	5:30-6:30pm	X	<b>Session 2 (8 days):</b> \$48 member    \$56 universal <b>Drop-in (daily rate):</b> \$7 member    \$8 universal

Norwalk Parks & Rec | Questions? Contact the Aquatics Coordinator at [clink@norwalkoh.com](mailto:clink@norwalkoh.com) or call 419-663-6775 x1030 | 100 Republic St.

**ADDITIONAL INFORMATION AVAILABLE ONLINE AT [NORWALKREC.COM/SWIMTEAM](http://NORWALKREC.COM/SWIMTEAM)**