



# Summer Team League

Norwalk Stingrays Summer Swim Team is a member of the North Coast Summer Swim League (NCSSL) and participates in meets with area summer teams. The Stingrays are a traveling team with a large amount of family involvement.

We offer a summer swim team to those ages 6-18 years old with talents from beginner (see expectations) to advanced skills. With additional coaches on deck, we look forward to offering an effective and enjoyable experience for our swim families.

## 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

## Fees

<b>1st Child</b>	\$155
<b>Each Add'l Child</b>	\$145

*All swimmers are required to be members of the Norwalk Rec for the season. Quarterly passes will be purchased at time of registration for those who are not members at the following student rates:*

<i>Taxpayer</i>	<i>\$82</i>
<i>Universal</i>	<i>\$116</i>

**Registration Begins:** Wednesday, May 18th

**Registration Ends:** Monday, June 6th

**Season Begins:** Monday, June 6, 2022

**Season Ends:** Thursday, July 21, 2022

**Practices:** Mondays—Fridays

\*NEW\* White Team (Advanced) 10:30a-12p

\*NEW\* Blue Team (Beginner) 12-1pm

*Swimmers should sign up for the practice time recommended at the end of Spring Club. If you did not attend the Spring Practice sessions, please call Mary Church, Aquatics Coordinator, at 419-663-6775 ext 1030. You can also send an email to her at [mchurch@norwalkoh.com](mailto:mchurch@norwalkoh.com).*

**ALL LEAGUE INFORMATION AND DATES CAN BE FOUND AT [NORWALKREC.COM/SWIM-TEAM-PORTAL](http://NORWALKREC.COM/SWIM-TEAM-PORTAL)**