



FALL SWIM CLUB

STINGRAYS IS FOR AGES 6-18. FIRST TIME SWIMMERS MUST HAVE PASSED LEVEL 3 GROUP LESSONS OR COMPLETE A SWIM TEST 10/6. 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 SCHEDULE AN ADAPTIVE SWIM TEST: CLINK@NORWALKOH.COM OR 419-663-6775 x1030

TEST INCLUDES FLOATING AND TREADING (11.5 FT. DEEP). SWIMMING ON FRONT WITH A BREATHING PATTERN AND SWIMMING ON BACK WITH BODY AWARENESS. IF SWIMMERS ARE UNABLE TO COMPLETE ALL SKILLS, REASONABLE ACCOMMODATIONS WILL BE CONSIDERED BEFORE SWIMMERS ARE DISMISSED.

NEW SWIMMERS SHOULD PLAN TO ATTEND PRACTICE TUESDAY OCTOBER 6TH AND DEMONSTRATE REQUIRED SWIM TEST SKILLS:

BREATH CONTROL AND COMFORT FLOATING AND TREADING WATER (11.5 FT. DEEP) FOR 60 SECONDS. FAMILIARITY WITH FREESTYLE (ROTARY BREATHING REQUIRED), BACKSTROKE, ELEMENTARY BACKSTROKE, BREASTSTROKE AND DOLPHIN KICK. INDEPENDENT PRACTICE PRIOR TO ATTEMPT ENCOURAGED. SWIMMERS MUST BE SAFE IN DEEP WATER WITHOUT A COACH NEARBY.

ALL SWIMMERS WILL SHARE A PRACTICE TIME THIS FALL. SEE SESSION AND DROP-IN PRICING AND REGISTRATION INFO.

PRACTICE TIMES VARY. SWIMMERS SHOULD EXPECT COACH-LED WHITE BOARD SETS WITH INSTRUCTION AND FEEDBACK.

<u>Tuesday October 6th</u> <i>Floats, Sculling and Streamline</i> 6:15-7:15pm	<u>Wednesday October 7th</u> <i>Freestyle, Flips and Turns</i> 6:15-7:15pm	<u>Thursday October 8th</u> <i>Starts and Finishes</i> 6:15-7:15pm	<u>Registration*</u> In-person at Rec Center front desk starting 10/1 *Max 24 swimmers/min 4 reg. <u>Fees</u> Full Session (9 days): \$54 for members \$63 for universal Drop-in (daily rate): \$7 member \$8 universal <u>Questions</u> Contact Coach Carissa or visit norwalkrec.com/swimteam
<u>Tuesday October 13th</u> <i>Flutter kick and Backstroke</i> 5-6:30pm	<u>Wednesday October 14th</u> <i>Frog kick and Breaststroke</i> 5-6:30pm	<u>Thursday October 15th</u> <i>Dolphin Kick and Butterfly</i> 5-6pm	
<u>Tuesday October 20th</u> <i>IM and Transition Turns</i> 5-6:30pm	<u>Wednesday October 21st</u> <i>Distance</i> 5-6:30pm	<u>Thursday October 22nd</u> <i>Sprint</i> 5-6pm	

WHAT TO BRING: Goggles without a nose cover (no masks), towel, and water bottle. Swim caps are encouraged for long hair. Girls need a one-piece swimsuit (two pieces prohibited), boys should wear jammers or board shorts