



CLUB STINGRAYS

The Norwalk Parks and Recreation Ernsthause Aquatic Center is again offering our Norwalk Stingray program in Club format including the Sparkle Rays. Along with our traditional offering of Stingrays, we are including the “sparkle” team to extend the swim team experience to local athletes with special needs. We will have dedicated coaching staff for each group of swimmers.

Fees for Stingrays

**a maximum of 30 registrations will be taken*

	<u>Members</u>	<u>Universal</u>
Per Child	\$125	\$140
Drop-In Rate:	\$7	\$9

Fees for Sparkle Rays

**a maximum of 6 registrations will be taken*

	<u>Members</u>	<u>Universal</u>
Per Child	\$90	\$105
Drop-In Rate:	\$6	\$8

CLUB STINGRAYS and SPARKLE RAYS SPRING PRACTICE SCHEDULE

Registration:	Begins March 1st
Dates:	March 14—May 25, 2022
Days:	Mondays & Wednesdays
Stingray Practice:	5:00—6:30pm
Sparkle Ray Practice:	5:00—6:00pm

No practice will be held the week of Norwalk Schools Spring Break: April 18-22



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.

For questions about this program, please contact **MARY CHURCH**,
 Aquatics Coordinator at mchurch@norwalkoh.com or
 call 419-663-6775 ext 1030