



CLUB STINGRAYS

The Norwalk Parks and Recreation Ernsthausen 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. Take part in conditioning for any sport you’re in. Swimming is a great recovery sport!

Fees for Stingrays

**a maximum of 20 registrations will be taken per time slot*

	<u>Members</u>	<u>Universal</u>
Per Child	\$80	\$95
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	\$72	\$84
Drop-In Rate:	\$6	\$8

CLUB STINGRAYS and SPARKLE RAYS SPRING PRACTICE SCHEDULE

Registration:	Begins March 8th
Dates:	March 20—May 17, 2023
Days:	Mondays & Wednesdays
Stingray Practice:	Option A: 5-6pm Option B: 6-7pm
Sparkle Ray Practice:	5:00—6:00pm

No practice will be held the week of Norwalk Schools Spring Break: April 10-14



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