



Summer Team League

Norwalk Stingrays Summer Swim Team is a member of the North Coast Summer Swim League (NCSL) 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 front stroke (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

1st Child	\$140
Each Add'l Child	\$120

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>\$84</i>
<i>Universal</i>	<i>\$118</i>

Registration Begins: Monday, May 15th

Registration Ends: Monday, June 5th

Season Begins: Monday, June 5, 2023

Season Ends: Thursday, July 20, 2023

Practices: Mondays—Thursdays 5-6:30pm

(limit of 30 swimmers)

All league dates and information can be found on our website at NORWALKREC.COM/SWIM-TEAM-MEMBER-PORTAL or in our Facebook Group NORWALK OHIO STINGRAYS AND SPARKLERAYS