



Our Club Stingrays program is geared toward all swimmers who want to work on stepping up their performance for future competitive swimming. The session will be held over a 10-week period and will be offered two days per week. The 10-week session will cover the following skills: Stroke Technique (4 competitive strokes), development of starts & turns, and endurance drills. The program is designed for 6-18 year olds that are able to complete the following:

- Able to use rotary breathing pattern while swimming freestyle (takes breath to side)
- Physically able to complete a minimum of 600 yards over a 60 minute practice.
- Swim 25 yards comfortably using freestyle and backstroke
- Able to swim at least 10 yards of breaststroke and butterfly (kick only)
- Able to dive from the pool deck

### *Fees for Club Stingrays*

	<u>Members</u>	<u>Universal</u>
<i>1<sup>st</sup> child</i>	\$65	\$80
<i>2<sup>nd</sup> child</i>	\$55	\$70
<i>3<sup>rd</sup> child</i>	\$45	\$60
<i>*Drop-In Rate available:</i>		\$4.00
	<i>Members</i>	
	<i>Universal</i>	\$5.00

*(No discount for siblings with Drop-In Rate)*

### *Session Dates*

10-week session:

*March 12<sup>th</sup>-May 14<sup>th</sup>, 2012*

*Mondays & Wednesdays*

*4pm-5pm*

***An Emergency Medical Form***

***must be filled out prior to***

***their first class.***

*(obtain at Front Desk)*

***For More information, please contact Terry Huntley, Aquatics Director  
(419) 663-6775 ext. 30 or ext. 24(front desk)***