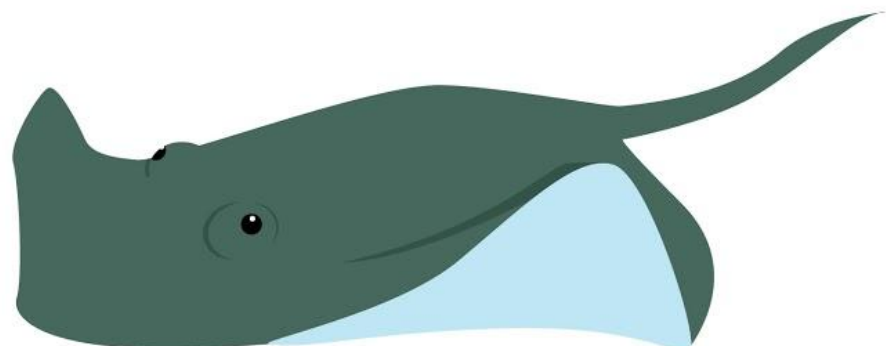




STINGGRAYS SWIM TEAM



Recreational Swim Club for Youth and Teens

TINY RAYS TEAM

Monday–Thursday: 5-5:45 pm

Sunday: 10:30-11:15 am

Member Monthly Cost

1 day/week: \$80, 2 days/week: \$145

3 days/week: \$200

Non-Member Monthly Cost

1 day/week: \$112, 2 days/week: \$200

3 days/week: \$275

INTERMEDIATE/ADVANCED

Monday–Friday: 3:30pm–4:25 pm

Monday-Friday: 4:30-5:25 pm

Member Monthly Cost

1 day/week: \$32, 2 days/week: \$64

3 days/week: \$96, 4 days/week: \$128

Non-Member Monthly Cost

1 day/week: \$40, 2 days/week: \$80

3 days/week: \$120, 4 days/week: \$160

Ideal for youth or teens looking for a community environment to practice stroke development, endurance, team-work, and a taste of competition.

SWIM CLUB GOALS

Pre-Swim Team

Tiny Rays Team, ages 4–8

- > Coach-to-student ratio: 1:4
- > 45 minutes
- > Comfort in deep water
- > 25 yards each of Freestyle, Backstroke, Breaststroke and Butterfly
- > Perform a standing dive and a flip turn

Intermediate Swim Team

ages 8+

- > Coach-to-student ratio 1:6
- > 55 minutes
- > 100 Yards each of Freestyle, Backstroke and Breaststroke
- > 50 Yards of Butterfly
- > Perform open turns, flip turns & a dive from the starting block

Advanced Swim Team

ages 10+

- > Coach-to-student ratio 1:10
- > 55 minutes
- > Participate in competition
- > Become leaders among their peers

Prerequisites: Complete Swim Team Registration Form & Aquatics Agreement Form. Participate in a try-out and gain coach approval (e-mail swim@synergyhealthclub.org to arrange a try-out).

Information | swim@synergyhealthclub.org

 Synergy Health Club