



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. We will have dedicated coaching staff for each group of swimmers.

Fees for Stingrays

	<u>Members</u>	<u>Universal</u>
Per Child	\$38	\$45
Drop-In Rate:	\$7	\$9

Fees for Sparkle Rays

**scholarships may be available*

	<u>Members</u>	<u>Universal</u>
Per Child	\$30	\$38
Drop-In Rate:	\$6	\$8

CLUB STINGRAYS and SPARKLE RAYS FALL PRACTICE SCHEDULE

Registration:	Now through September 13, 2021
Dates:	September 13—October 18
Days:	Mondays
Stingray Practice:	5:00—6:30pm
Sparkle Ray Practice:	5:00—6:00pm



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