

Stingrays

Both a Pre-Competitive Swim Team, and an advanced Swim Lesson. Work on technique and build endurance! You already know how to swim, now learn to go further, swim longer, and use less energy to do it!



ARE YOU READY?

- Can you swim front crawl across our lap pool without assistance?
- Can you swim front crawl with your face in the water?
- Can you swim back crawl across our lap pool without assistance?

If you answered yes to these questions then you are ready to try the Pre-competitive swim team.

What does pre-comp offer?

- Advanced swimming skills
- Diving Technique
- Great Workouts
- Preparation for competitive swimming



NEW TIME!

Monday / Wednesday / Friday 4:45pm - 5:45pm

Session	Dates	Member	Non-Mem
Fall 1	Sep 9 - 27	\$32.00	\$40.00
Fall 2	Sep 30 - Oct 18	\$36.00	\$45.00
Fall 3	Dec 2 - 20	\$36.00	\$45.00

*** NO PRACTICE Friday September 20th ***



Family Fitness Center
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