



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DEVELOP SPEED AND ENDURANCE

STINGRAY SWIM CLINICS SOUTHERN PRAIRIE YMCA

For most swimmers, the greatest obstacle to performance is efficiency in the water. Skill development is vital to future success. Our Stingray Clinics are designed to meet the needs of both newer swimmers, needing an introduction to the different swim strokes, turns and dives as well as veteran swimmers looking to fine tune and further develop their technique. Stingray Clinics also allow those who may be interested but unsure about joining swim team, a chance to see what it's all about. Open to ages 5-21 years. **Participants must be able to swim 25meters/1 length of the pool (any stroke).*

DATES: Session 1 – Saturday, June 1 8:30—11:30AM
COST: Members \$20, Participants \$30

CO-ED STINGRAY SUMMER SWIM TEAM SOUTHERN PRAIRIE YMCA

Summer swim team is designed to help swimmers build good technique, stroke rhythm, and strength in each of the four strokes. This is a great time to focus on stroke fundamentals while building/maintaining an aerobic base to get them ready for competition this fall. It's also a chance to come see what swim team is all about!

*At the end of the program, participants will have the chance to compete in a "mini" meet right here in Creston. Open to ages 5-21 years. **Participants must be able to swim 25meters/1 length of the pool (any stroke)*

Meet: Saturday, July 27 at 9:30AM

AGES: 5-21
DATES: June 6-July 27
TIME: Tuesdays and Thursdays, 12:30-1:30 PM
COST: Members \$75, Participants \$95 (Must have 4 participants to run.)
Family Discount: \$10 off for each additional swimmer in the same family.
Financial assistance available for those who qualify.

COACH: Nicole Webber

QUESTIONS? Contact Missy Wernli at 641-782-9622 or
Email Nicole at stingrays@southernprairieymca.com



I am registering my child for the following:

Stroke Clinic (June 1) \$20/\$30

Summer Swim Team (June 4-July 27) \$75/\$95

Amount paid today: _____

Child's Name _____ Age: _____ Birth date _____

Parent or Guardian Name _____ Email: _____

Address: _____ City: _____ Zip: _____ Phone #: _____

The Southern Prairie YMCA has permission to photograph my child and use photos in marketing/promotional materials for the Y.

YES NO Parent/Guardian Signature _____

SOUTHERN PRAIRIE YMCA

1201 W TOWNLINE, CRESTON, IA 50801

641-782-9622

WWW.SOUTHERNPRAIRIEYMCA.COM