



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DEVELOP SKILLS AND TECHNIQUE

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 various skills as well as veteran swimmers looking to fine tune and further develop their technique. It's a great chance for veterans to get back in the water after a break and for those who may be interested but unsure about joining swim team, a chance to see what it's all about.

Blue Group: Introduction to Strokes, Turns, and Dives
Black Group: BOOT CAMP

Date: – Saturday, September 28 8:30-11:30AM

Cost: Y Members \$20/session, Participants \$30/session

Requirements: Ages 5-21 Participants must be able to swim 25m/1 length of the pool unassisted.

COACH: Nicole Webber

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



CO-ED STINGRAY SWIM TEAM SOUTHERN PRAIRIE YMCA

Swim Team starts September 30. See Swim Team flyer for complete details. You can try the swim clinics without committing to the swim team.

I am registering my child for the following:

____ (Sept 28) \$20/\$30

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

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