

WELCOME TO THE PERTH STINGRAYS

INTRO TO STINGRAYS PROGRAM

What do you need to join?

- ✓ A love of swimming
- ✓ A great attitude
- ✓ The ability to swim, at minimum, 25 meters of any stroke, unaided

How does my swimmer try out?

- Join us for one of our try out dates listed in the chart below – no need to pre-register, just stop in - we'd love to see you!
- We invite you to participate in a 30-minute try out in a welcoming and encouraging atmosphere - we'd love to have you come out!
- Bring your suit, towel, and goggles (if you have some), and we'll evaluate your swimming

Session	Session Dates	Try Outs
Fall	September 29 - December 6, 2025	September 23rd & 25th (5:15 - 6:00 PM)
Winter	January 5 - March 14, 2026	December 16th & 18th (5:15 - 6:00 PM)
Spring	April 13 - June 20, 2026	April 7th & 9th (5:15 - 6:00 PM)

What is the Intro to Stingrays Program?

The Perth Stingrays offers our Intro to Stingrays Program to children who are looking to become stronger swimmers and improve their fitness while experiencing competitive swimming in a learner-centred environment.

The program consists of three, 10-week sessions. Each session is made up of two 45-minute weekly practices, 5:15-6:00 Tuesdays and Thursdays. New sessions begin in September, January, and April - and we welcome new and returning swimmers every session!

The main objective is to teach the stroke techniques needed to swim all four competitive swimming strokes: freestyle, back stroke, breaststroke and butterfly.

For more information, please contact our Head Coach, Anne, at headcoach@perthstingrays.com

For more information about the Perth Stingrays, Training Schedules, and Fees, visit www.perthstingrays.com

