



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2023-2024
St. Charles County Family
YMCA

Stingrays Swim Team

Registration Opens:

August 1st, 2023

**Evaluations will take place Monday, Wednesday, Friday
(All Month Long from 5:30 pm-6:30 pm)**

The Y is in our community to give everyone an opportunity to grow, thrive, and become the best they can be. The St. Charles County Family YMCA Stingrays Swim Team is the one to join for friendship, teamwork, and competition.

- Open to participants ages 5-21 who can swim the length of the pool and back in any stroke
- No previous experience in swim team is necessary
- All levels and abilities welcome
- Evening Practices
- Practice starts September 5, 2023
- Household membership will begin on September 1, 2023

Swimmer Fees:

- \$50 per swimmer registration fee
 - Includes team cap and t-shirt (\$100 per family maximum)
 - \$79/mo YMCA family membership **PLUS** monthly swim fee*
 - \$45/mo Level 1
 - \$55/mo Level 2
 - \$65/mo Level 3&4
- *Levels are determined during evaluations
- *Discounts for multiple children

Practice Schedule:

Level 1- Can swim one length of the pool on front and back using a stroke. Working on learning specific stroke techniques and endurance. **Monday-Thursday-6 pm-7pm**

Level 2- Can swim freestyle and backstroke for several laps at the pool without stopping. Working on techniques of all strokes as well as learning racing starts and turns. **Monday-Thursday-6 pm-7pm; Friday-6pm-7:30pm**

Level 3- Can swim all 4 strokes legally (free, back, breast, fly). Working on endurance, times, reaching intervals and stroke techniques. **Monday-Thursday- 7pm-8:30pm; Friday- 6pm-7:30 pm**

Level 4- Advanced swimmers. Training and working toward reaching goals will be emphasized. **Monday-Thursday- 7pm-8:30pm; Friday- 6pm-7:30pm**