HEALTHY LIVING
SWIM TEAM

STINGRAYS
Our Swim Team offers swimmers of all ages and abilities the chance to refine their strokes and improve cardiovascular fitness, strength and endurance through distance swimming, sprint swimming and upper and lower body workouts. Is your swimmer ready to compete?

“I like going to our swim meets because they’re pretty fun. Competing is cool too. I’m trying out for my school’s swim team next month, so my coach is helping me improve my time and technique.”

Individual teams are organized by ability levels and are designed to help team members improve and refine the four competitive strokes, sets, starts and finishes. Workouts include endurance, speed and drill techniques, with a healthy dose of teamwork and sportsmanship. Teams practice several times per week and we encourage all swimmers to attend regularly.

To ensure each athlete’s safety and success, all participants must pass a swim test to qualify as a team member. We’d love to have your swimmer as a part of our team. Contact us for further details about your child’s eligibility and swim team prerequisites.

TIMES: Blue Team 5:00-6:00 P.M.
Red Team 6:00-7:00 P.M.

DAYS: Monday – Thursday.

FEES: Blue Team
Full Member - $70
Program Member - $140
Red Team
Full Member - $55
Program Member - $110

MASTER SWIM TEAM
(ALL LEVELS WELCOME)
A group workout led by a swim coach. Free personalized workout designed from 30 minutes to 2 hours. Adults will improve their swim speed, technique, and endurance while having fun. Perfect for triathletes, lap swimmers, and endurance athletes. For 18 years and older.
Note: Two lap lanes are open for lap swimmers.

TIMES: 5:35 A.M. - 7:00 A.M.
DAYS: Mondays, Wednesdays, Fridays
FEES: Full Member - Included with membership
Program Member - $54 monthly fee