



STINGRAYS SWIM TEAM

LOCKPORT FAMILY YMCA

The Stingray Swim Team is a competitive YMCA swim program. We are a part of the National YMCA Competitive Swimming program, offering instruction, training, and competition. Competitive swimming has been a part of the YMCA for over 50 years. The team operates in accordance with National YMCA Competitive Swimming and Diving policies and USA-Swimming Technical Rules. Accordingly, all team members must be full-privileged members of the YMCA.

Swim Team provides opportunities for personal development in individual stroke technique and skills, improved times, building self-esteem, and good sportsmanship. As part of this philosophy, each swimmer is expected to participate with the team in all swim meets; there are no benchwarmers in YMCA Swimming.

2021-2022 SEASON

Season Dates October 12-February 26, 2022
(ends with League Championships)

Practices

Practice times are based on swimmer level group, to be determined after assessments. Practices will be held Tuesday-Friday at the Lockport YMCA. Swimmers are encouraged to participate in all practices for their assigned level.

TUESDAY-FRIDAY

4:45-5:30 pm - Red (Beginner)
5:30-6:30 pm - Black (Intermediate)
6:30-8:00 pm - Silver (Advanced)

Description	Dates	Fee
HS Late Season Start	TBA	\$325
Stringray Swim Season	Oct 12-Feb 26	\$425

*\$50 discount for anyone who participates in the pre-season program

