



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TEAM WORK MAKES THE DREAM WORK

LAKE HIGHLANDS STINGRAY SWIM TEAM

Ages 5-18

Session runs September 5th – December 28th

Join the Lake Highlands Stingray swim team! Competitive swimming develops endurance, and is one of the most beneficial forms of cardiovascular exercise. Build flexibility and muscle toning, while developing self confidence, self-discipline, and goal setting.



FALL 2018 - Levels, Cost, & Time (Monthly Fee)

Cub Swim (2 days a week only) \$60 member | \$75 non-member M/W 4:30pm-5:00pm

(Cub swim is ages 5-7yr only all other levels are 7-18yrs)*

Novice	\$80 member \$125 non-member	M/W/F 4:30pm-5:30pm
Intermediate	\$100 member \$160 non-member	M/W/Th/F 5:30pm-6:45pm
Advanced	\$125 member \$200 non-member	M/W/Th/F 5:30pm-7:00pm

Fall meet schedule: 9/23, 10/20, 11/10, 12/1 & 12/2

All swimmers must have a tryout. To schedule tryouts or if you have questions please email Head Coach Skye Shepherd. sshepherd@ymcadallas.org or 214-221-9622

Lake Highlands Family YMCA

8920 Stults Rd, Dallas, TX 75243

P 214-221-9622 **W** www.ymcadallas.org

Mission: To put Christian values into practice through programs that build healthy spirit, mind and body for all.

Stingray Swim Team Level Description

Cub: Swimmers must be able to swim 25 yards freestyle with face in and kick on back 25 yards. Practice: M/W 4:30-5:00

Novice: Swimmers must be able to swim 50 freestyle and backstroke without stopping. Working knowledge of butterfly and breaststroke preferred.

Practice: M/W/F 4:30-5:30 or M/W 5:30-6:30

Intermediate: Swimmers must be able to swim 50 yards legal for each stroke, freestyle and backstroke flip turns, and be able to swim 1500—2000 yards in practice. Swimmers must also be 9 years old.

Practice: M/W/Th/F 5:30-6:45

Advanced: Swimmers must be able to complete 100 of each stroke, and be able to swim 2000—3000 yards in practice. Must be able to do flip turns and block starts.

Practice: M/W/Th/F 5:30-7pm

Swim Team Registration

Participant's Name: _____ Phone: _____

Address: _____

Current Age: _____ Date of Birth: _____ Gender: M / F

Name on card: _____ Type: _____ #: _____

Exp Date: _____ CVV code: _____ Cell #: _____ Email: _____

LEVEL (Circle one): Cub T/Th Novice M/W Int. M/W/F Advanced M/W/F

SEASON: ____Sept ____ Oct. ____ Nov. ____ Dec. ____ \$25 Annual Registration Fee **Due in March** for al swimmer's
____ \$25 League Registration fee (new swimmers only)

Auto-draft my account **Continue my Summer Auto Draft (must fill out card information)**

Hold Harmless: In case of accident or illness, I authorize the calling of medical services. I will not hold the YMCA or the volunteers responsible. In case of accident, I can be reached at the above numbers. In the event of an emergency, I give the YMCA permission to provide first aid and/or transport my youth to the nearest facility. I also give permission for the necessary emergency treatment by physician/hospital/clinic. By my signature and my own free will, I do hereby indemnify and hold harmless the YMCA from any and all claims and demands, cost or expense arising out of any injuries sustained by myself or any party in which I am responsible. I give permission for the use of photos taken by the YMCA.

Refund Policy: There is a \$15 service fee on all refunds prior to the first lesson. Once a program begins (lessons, practice, event) there will be no refund given.

NFS Policy (insufficient funds): All returned checks, bank drafts and credit cards will be submitted to ECASHFLOW systems and include a service fee of \$30.

SIGNATURE (PARENT/GUARDIAN): _____

DATE: _____

Financial assistance available upon qualifications

Office Use Only:

Amount Paid: _____ Receipt #: _____

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