The Stingrays swim class is for children who are comfortable in the water and can swim a short distance unassisted in a relaxed state. These children have not yet mastered streamlines and freestyle arms. This is a class of no more than four children between the ages of six to twelve years old.

Instructors continue to build on the basics learned in the Puffers class. The main emphasis in this level is on helping the child achieve the skills necessary to swim a comfortable, relaxed Freestyle stroke. In the next level children learn side breathing. The Instructor helps children develop confidence in their swimming abilities to make this transition successful.

The Goals of the Stingrays Class:
1. Develop good streamlining skills
2. Swim Freestyle with correct arms
3. Perform independent backstroke kick with arms at the side and in a streamline to the wall

We achieve these goals through various games, songs and swimming patterns. Using these games and songs, there is room to accommodate various skill levels. In the Stingrays class, instructors give the students a solid basis for building the correct form of each stroke. Techniques such as a good streamline, proper exhalation of air, a good propulsive kick, and the proper feel of the water on the arm stroke are the foundations used as a basis for each stroke. We work on group patterns and taking turns. Focus is on being responsible to watch the instructor and swimming in turn. Instructors teach group movement and focus on hands-on correction.

Children progress in swimming at their own rate and develop their own style. This is not according to any timetable an instructor or parent sets up for them. Pressure to perform can often be the biggest roadblock to progress. While our program challenges each swimmer, we try to remove the pressure and make it fun. What we do not want to see is regression! Year-round consistency also plays a role in preventing regression.

The requirements to move to the Seals class are: Relaxed, head-down Freestyle swim; ability to back float with kicks in a streamline back to the wall; and unassisted safety swim.