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 proper streamlining form
2. Swim Freestyle with straight arm recovery
3. Develop an 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 techniques, there is room to accommodate individual skill levels. In this level, instructors give the students a solid basis for building the correct form of each stroke. Techniques such as a good streamline, 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 will work on group patterns and taking turns. The focus is on being responsible to watch the instructor and swimming in turn. Instructors teach group movement and will 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; proper streamline form.