

*Genesis Health Clubs - Tri-State*  
*555 Tennis Lane*  
*Evansville, IN 47715*



*(812) 479-3111*  
*genesishealthclubs.com*  
*Stingrays Swim Team*

## Stingrays Swim Team - Winter 2023/2024

### Late Fall Session

7 Weeks, Nov. 6 to Dec. 21, 2023

### Winter Session

7 Weeks, Jan. 2 to Feb. 15, 2024

### Tri-State Stingrays - Recreation and Fitness Swim Team

Swim team is a fun and motivational experience open to young athletes ages 18 and under who are able to meet the safety skill prerequisites. The top goal of TSAC Stingrays is for participants to have fun and enjoy swimming whether they are just getting started in their stroke development or looking to improve their speed. The team also provides a vigorous level of exercise helping to develop a happy and healthy lifestyle, motivating swimmers to be their best-self while also supporting others.

**Developmental** – Typically ages 5 to 8, this group is best for swimmers that are able to swim independently but have not learned complex strokes. A pre-requisite for swimmers in this group includes the ability to safely swim one pool length of any style; they should also be able to demonstrate water comfort both below and at the surface of the water.

**Basic Skills** – Typically ages 6 to 10, this group is best for swimmers that are able to swim independently and have learned, but not yet perfected basic swimming skills. These swimmers are ready to begin learning advanced stroke techniques. A pre-requisite for swimmers in this group includes the ability to swim one pool length each of freestyle and backstroke.

**Intermediate** – Typically ages 8 to 12, this group is best for swimmers that have mastered basic swimming skills, and are able skillfully swim distances of more than 50 meters. A pre-requisite for swimmers in this group includes the ability to swim two pool lengths each of freestyle and backstroke, as well as demonstrate a novice skill set in breaststroke and/or butterfly.

**Advanced** – Typically ages 9 and over, this group is best for swimmers that have knowledge of all four competitive strokes and are focused on speed and endurance. A pre-requisite for swimmers in this group includes the ability to swim 100 meters each of freestyle and backstroke as well as 50 meters each of breaststroke and butterfly.

Developmental – Mondays and Wednesdays 4:00 PM – 4:30 PM

Basic Skills – Mondays and Wednesdays 4:30 PM – 5:00 PM

Intermediate and Advanced – Tuesdays and Thursdays 4:00 PM – 5:00 PM

Not ready for swim team yet? Prefer a more individualized, detailed experience? If so, please see our information about Private Swim Lessons and Personal Swim Coaching. Contact Aquatics Director, Severin Birchler for details. (812) 479-3111 ext. 211, [Severin.Birchler@tristateathleticclub.com](mailto:Severin.Birchler@tristateathleticclub.com).

# Winter 2023/2024 Registration Form

## Stingrays Swim Team

PLEASE CIRCLE SESSION and GROUP SELECTIONS

### Late Fall Session

7 Weeks, Nov. 6 to Dec. 21, 2023

### Winter Session

7 Weeks, Jan. 2 to Feb. 15, 2024

Developmental \$75

Basic Skills \$75

Intermediate \$110

Advanced \$110

Single Practice Drop-in, Members - \$10

Single Practice Drop-in, Guests - \$15

Fees are based on 7 weeks, 2 days per week unless noted differently. Session fees are members only, guest may participate using the guest drop-in pricing. Swimmers are welcome to start at any point during a session; the fee will be prorated based on the start date.

Full payment must be completed prior to participation. (Single practice drop-in fees may be paid on each day of practice.)

Charge my:  Tri-State House Account  I will pay the fee in-person at the front desk. (cash, check, or credit card)

Check here to be auto-registered into future sessions. (Auto-register may be canceled anytime, minimum of one-week notice please)

Student's Name \_\_\_\_\_ Birthday \_\_\_\_\_

Parent's Name \_\_\_\_\_ Parent's Email \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Cell Phone \_\_\_\_\_ Other Phone (optional) \_\_\_\_\_

Second Emergency Contact – Name \_\_\_\_\_ Cell Phone \_\_\_\_\_

### **Payment, membership requirement, enrollment, refund, and make-up policies –**

1. Full payment must be completed prior to participation. A student enrolling after the start of a session who is unable to make-up missed classes will be charged a pro-rated fee for the remainder of the session.
2. Fee is non-refundable except as follows:
  - For medical disabilities, a pro-rated refund/credit shall be given from the date the refund is requested when accompanied by a doctor's statement explaining the nature of the disability or injury and duration.
  - A student who does not meet the skill level requirements will be asked to change to a compatible class or will be issued a pro-rated refund or credit.
  - Only the Aquatics Director may approve refunds, credits or pro-rated fees.

Signature \_\_\_\_\_ Date \_\_\_\_\_



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