

2009 STINGRAY TRAINING GROUP SWIM SCHEDULE

It's a great time to be a STINGRAY!!

TRAINING TIMES:

(* subject to change)

White:

M-Th 4:00–4:45 pm

\$160 member/ \$280 non-member

Blue:

M-Th 4:00–5:00 pm

\$160 member/ \$280 non-member

Silver:

M-F 4:00–5:15 pm

Saturdays: 8:00–9:30 am

\$220 member/ \$360 non-member

Pre-Gold*

M-Th 5:00-6:30 pm*

*Subject to change: Possible 15 min earlier start/end time.TBA

Friday: 4:00–5:30 pm

Sat: 8:00–9:30 am

\$260 member/ \$420 non-member

Gold & Platinum:

M-Th 5:00-7:00 pm

Friday 4:00– 5:30 pm

Sat: 8:00–10:30 am

Gold: Same as Pre-Gold

Platinum: \$280 member/ \$440 non-member

Pre-Swim Team:

(Aug 17th thru Sept 30th)

Monday & Wed 4:00-4:45

\$250 member/ \$350 non-member



Team Contact Information:

tjccstingrays@yahoo.com

299-3000 #251

Schedule a private lesson?

299-3000 #251

Info on JCC Membership?

299-3000 #110

Daily Equipment Needs:

All Color Groups:

Suit

Goggles

Cap (for girls especially)

Pre-Gold/Gold/Platinum

Water Bottle filled with water!

Running shoes

Socks

Shorts

t-Shirt

Towel

Fins/Zoomers

Paddles*

Front loaded swim Snorkel

pull buoy*

*limited availability at JCC

