



Rappahannock Area YMCA Stingrays

JumpStart Swim Program

- This six week program is designed for experienced summer league swimmers who are looking to get that competitive edge for the summer swim season.
- Emphasis is on developing and improving the fundamentals of the four competitive strokes as well as racing starts and turns.
- Each session is devoted to stroke instruction, some sprint training, and swimming enjoyment.
- Learn to swim faster under the guidance and expertise of the Stingrays' coaching staff.

Locations & Times:

Massad YMCA

Mon-Thurs 7:00-8:00 pm

Spotsylvania YMCA

Mon-Thurs 7:30-8:30 pm

JumpStart runs from April 19th to May 27th

**Swimmers may attend all 4 scheduled practice sessions per week.*

Program Fees: \$150.00 per swimmer (includes US Swimming Registration)

If not a member of the YMCA - \$15 per month – Register at front desk.

For More Information:

Bob Herlinger

Head Coach

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Mike Clesner

Site Coach Spotsy-Y

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“JumpStart your summer with the STINGRAYS...

...and get a jump on the competition!”