

Mainside Manta Rays Swim Club



Welcome to the Mainside Manta Rays swim club aboard MCAS Cherry Point and thank you for allowing us to enhance your swimmers' skills. This club is designed to refine basic swimming strokes and introduce more complex skills. Please review this introduction carefully as it contains important information concerning the Mainside Manta Ray Swim Club experience.

Mainside Manta Rays Swim Club is the perfect way to enhance your child's basic swimming abilities and teach them more advanced stroke mechanics. This program also boosts your swimmer's endurance, making learning an easier process. Your swimmer won't take this journey alone as we'll combine them with participants of similar skill for group learning.

Mainside Manta Rays swim club does require participants to be proficient in the water, so if your swimmer cannot satisfy the entry skill requirements, then they are not quite ready for this club. MCCS Cherry Point Aquatics has alternative options available to prepare your swimmer for the Mainside Manta Rays swim club. For more information, please consult with our Aquatics Staff.

Expectations:

- Punctuality is very important; practice will begin at the listed start time.
- Swimmers under the age of 10 will need a parent to stay on the pool deck during practice times.
- Participants must adhere to all facility and club rules. We maintain a consistent discipline policy and ask that parents respect any in-club disciplinary actions.
- Your feedback and encouragement are instrumental to your child's learning. However, please refrain from interacting with your child during practice time. We need each swimmer's focus on the instructor and the skills being taught.
- Every participant must check in at the front desk upon arrival and present a valid ID card.
- We have wide diversity amongst our instructors that have trained diligently to teach this curriculum. We have great respect and appreciation for all our students, and we do ask for it in return.

Essential Equipment: 3 things your swimmer should bring to swim club each day are goggles, swimsuit, and a towel. Personal goggles are very important since they'll be correctly sized to your swimmer's head.

Is My Swimmer Ready for the Manta Ray Swim Club?

Entry Skill Requirements (Beginner):

All requirements must be non-stop efforts and must be performed with no parental interaction.

- Swim, non-stop, 25 yards of front crawl, with proper side breathing, head/body position, strong arm pull and a strong kick.
- Deep water entry and recovery followed by 1 minute tread using arms and legs.
- Swimmers must have basic knowledge of each swim stroke.
- Swimmers must be attentive to following directions in a group setting.

Health Concerns:

- We want your swimmer here for every class, however, please be cautious if they have been recently ill.
- Anyone suffering from diarrhea should not enter the water.
- Swimmers with open wounds/bandages are not permitted in the pool.

Progress:

Manta Rays Swim Club challenges participants from the start with endurance training. Your swimmer will be tired during the first few weeks of practice as we challenge their bodies to grow and strengthen. This endurance boost is an expected part of the process.

Your swimmer will participate in two intersquad meets per session. One at the beginning of the session and one at the end to show the progress they've made throughout the session.

Remember, this is a process, not a product, so please be patient and encourage your swimmer as they develop.

This is a non-competitive swim club. Practice days will be held on Sundays, Tuesdays, and Thursdays. Beginner (4:30-5:00pm), Intermediate (5:00-5:45pm), Advanced (5:30-6:30pm), and Adult (6:00-7:00pm). Spots are limited and subject to swimmers' abilities. Practices usually are not cancelled with advanced notice because weather is dynamic and unpredictable. Partial refunds cannot be given for canceled practices due to pool closure for thunderstorms.

Don't be left out! Sign up for our **Remind notification system** by texting @mainside to 81010. You'll receive up to date information on practice changes, cancellations, intersquad meets, and more.

Mainside Manta Rays Swim Club



Entry Skill Requirements:

Beginner Group (4:30-5:00pm):

1. Swim, non-stop, 25 yards of front crawl, with proper side breathing, head/body position, strong arm pull, and a strong kick.
2. Deep water entry and recovery followed by 1 minute tread using arms and legs.
3. Swimmers must have basic knowledge of each swim stroke.
4. Swimmers must be attentive to following directions in a group setting.

Intermediate Group (5:00-5:45pm):

1. Swim, non-stop, 50 yards of front crawl, with proper side breathing, head/body position, strong arm pull, and a strong kick.
2. Swim, non-stop, 25 yards of backstroke, with proper breathing, head/body position, strong arm pull, and a strong kick.
3. Ability to attempt flip turns and effective streamline positioning.
4. Swimmers must have basic knowledge of each swim stroke.
5. Swimmers must be attentive to following directions in a group setting.

Advanced Group (5:30-6:30pm):

1. Swim, non-stop, 100 yards of front crawl, with proper side breathing, head/body position, strong arm pull, and a strong kick.
2. Swim non-stop, 50 yards of backstroke, with proper breathing, head/body position, strong arm pull, and a strong kick.
3. Swim, non-stop, 50 yards of breaststroke, with proper breathing, head/body position, strong arm pull, and a strong kick.
3. Ability to perform flip turns and effective streamline positioning.
4. Swimmers must have basic knowledge of each swim stroke.
5. Swimmers must be attentive to following directions in a group setting.

Adult Group (6:00-7:00pm):

1. Understand basic pool lane rules and etiquette
2. Swim 50 yards of freestyle and backstroke with proper form.
3. Basic knowledge of breaststroke and butterfly.

*If a participant does not possess the skills to be in the selected level, this may result in losing the seat for the appropriate level, as space may no longer be available. If you are unsure what level is appropriate for your child, please visit Mainside Pool during recreational swim hours to take a free swim assessment.