



RAYS Manta Groups

Manta White Group (9 & Under) - 2 days per week for 45 Min

The White Group is designed for swimmers age 5-9 who are interested in improving their technique in Free and Back and ready to learn Breast and Fly and one day advance into the competitive program in the future. The group is offered 2 days a week for 45 minutes, the schedule will vary depending on the location. There is no attendance requirement, but there is an equipment requirement. All members of The White Group must have:

- Swim cap
- Goggles
- Kick board
- Fins

In order to be eligible to join the White group, a swimmer must be able to swim 25 yards of freestyle (with side breathing) and 25 yards of backstroke. Before you can register your swimmer must be evaluated by a RAYS Coach.

Manta Red Group - (9-11 Years Old) - 3 days per week for 45 min

The Red group is designed for swimmers age 9-11 who are interested in swimming for fitness or fun, look to improve their technique and maybe look to advance to the competitive program in the future. In the Red group the swimmers will learn the 4 competitive strokes, through the use of drills and equipment. The class is offered 3 days a week for 45 minutes, the schedule will vary depending on the location. There is no attendance requirement, but there is an equipment requirement. All members of the Red group must have:

- Swim cap
- Goggles
- Kick board
- Fins

In order to be eligible for the Red group, a swimmer must be able to swim 50 yards of freestyle and 25 yards of backstroke. Before you can register your swimmer must be evaluated by a RAYS Coach.

Manta Blue Group - (9-12 Years Old) - 4 days per week for 1 hour

The Blue group is designed for swimmers 9-12 Years old who are interested in swimming for fitness or fun, to improve their technique and maybe look to advance to the competitive program in the future. The class is offered 4 days a week for 1 hour, the schedule will vary depending on the location. There is no attendance requirement, but there is an equipment requirement. All members of the Blue group must have:

- Swim cap
- Goggles
- Kick board
- Fins

In order to be eligible for the Blue Group, a swimmer must be able to swim 100 yards of freestyle and 50 yards of backstroke and at least working knowledge of breast or fly. Before you can register your swimmer must be evaluated by a RAYS Coach.



High School Performance - (13 & Older) - 5 days per week for 90 minutes

The HS Performance group is designed for swimmers 13 & Olders who are interested in swimming for fitness or fun, to improve their technique and maybe look to advance to the competitive program in the future. The class is offered 5 days a week for 90 minutes, the schedule will vary depending on the location. There is no attendance requirement, but there is an equipment requirement. All members of the HS Performance group must have:

- Swim cap
- Goggles
- Kick board
- Fins
- Pull Buoy
- Paddles

In order to be eligible for the HS Performance Group, a swimmer must be able to swim 200 yards of freestyle and able to demonstrate knowledge of the 4 competitive strokes. Before you can register your swimmer must be evaluated by a RAYS Coach.