

New Wave Rays

Regional Swim Team

Saturdays, 10:30 – 11:30 am

Mondays, 6:30 – 7:30 pm

at the Hotchkiss Pool

Fall 2023 Season: October 7th – December 18th

Winter 2024 Season: January 8th – March 23rd

Ages 7+

The New Wave Rays are returning to the Hotchkiss pool after a three year hiatus. We are looking for swimmers aged 7+ who want to improve their speed, efficiency, and endurance in the four competitive strokes. We will spend time learning and improving starts and turns as well as building racing speed. Meet times TBD.

Swimmers must be able to swim 25 yards of freestyle.

Coach Rick Shanley is a USMS certified Level 2 Coach and an Adult-Learn-to-Swim Coach. He is an accomplished open water swimmer, having competed in such events as the 10-mile Kingdom Swim and several 13+ mile swims in the Hudson River. He has been coaching the New Wave Rays since 2013 and the New Wave Masters (ages 18+) since 2020.

Age 18+? Check out the New Wave Masters.

Contact Rick Shanley at newwaverays@zohomail.com for more information