

# What are you doing this summer? Join the **Rhinebeck Manta Rays** Swim Team!

Stay active this summer! Hang out with friends!  
Have fun! Learn new skills! Be a part of a team!

All Swimmers ages 5-18 are welcome

Practices are offered daily beginning June 29.  
Swim meets are on Wednesday evenings and Saturday mornings during July.

Our talented and dedicated **Coaching Staff** will teach you  
how to start off the block  
how to do a flip turn and  
how to fly down the lane like a champ.

Challenge yourself to new levels!  
Build confidence and strength!

**Be part of a time-honored Town of Rhinebeck tradition!**

**Are you attending Summer Camp at the Rhinebeck Rec Park?**

Campers who attend the Town of Rhinebeck Recreation Day  
Camp can attend 8:00 AM swim team practice at the pool, and  
be escorted directly to camp after practice!

**Interested?**

Come see what all the fun is about at our pre-season practices  
Saturday and Sunday mornings 11-12:30pm at the Rhinebeck Town Pool beginning June 6, 2015

**Questions?**

Please contact [RhinebeckMantaRays@gmail.com](mailto:RhinebeckMantaRays@gmail.com)  
or sign up online at <http://www.rhinebeckrec.com/>

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