



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Dolphins Swim Team Practice

Effective September 2018

Monday-Thursday

Time: 4-5:00 pm—Beginners
5:00-6:15 pm—Intermediate
6:15-7:45 pm—Advance and Elite

Dryland:
All levels: Monday, regular practice time

Location: Shadowbend Family YMCA
6145 Shadowbend Pl,
The Woodlands, TX 77381

Summer Hours may be different than school year hours—those hours will be available after spring break.

Holidays (No Practice):
Labor Day– September 5
Thanksgiving: November 21-25
Winter Break–December 19 - January 3
Spring Break–March 13-17
Memorial Day–May 29
Independence Day– July 4

SHADOWBEND FAMILY YMCA

6145 Shadowbend Pl.
The Woodlands, TX 77381
281-367-9622
ymcahouston.org



YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. Everyone is welcome.



Text YMCAHouston to 41411