



# EVERY AGE. EVERY SPLASH.



## YMCA SWIM TEAM

Register your child for our competitive swimming program that promotes a healthy lifestyle while improving technique and endurance. Swim Team is open to youth ages 5 to 21.

**SESSION DATES:** April 1 - July 31 (Seasonal Program)

**MONTHLY COST:** \$160 Facility Member, \$175 Impact Member

**LOCATION:** Langham Creek Family YMCA

### SCHOOL YEAR PRACTICE SCHEDULE:

Monday-Thursday All Levels: 6:30-7:30 pm

### SUMMER PRACTICE SCHEDULE:

Monday-Thursday All Levels: 7:45-8:45p

### SWIMMER EVALUATIONS

New swimmers must demonstrate the ability to swim 25 yards unassisted in front crawl and back stroke and tread water for 2 minutes.

For more information or to register, visit [ymcahouston.org](http://ymcahouston.org).

Questions? Contact Dena Holder at [dena.holder@ymcahouston.org](mailto:dena.holder@ymcahouston.org).



YMCA OF GREATER HOUSTON  
[ymcahouston.org](http://ymcahouston.org)

REGISTER TODAY!



ACHIEVE. CONNECT. BELONG.