



OR YOUTH DEVELOPMENT
OR HEALTHY LIVING
OR SOCIAL RESPONSIBILITY

SEIZE THE LANE

Stroke Development Program

This program is geared towards advanced swimmers, ages 8-15, and will focus on refining the four competitive swim strokes, team relays, and flip turns. Swimmers will improve endurance, technique, and speed, with emphasis on water safety and personal growth.

Swimmers must be able to swim 50 yards of freestyle, breaststroke, backstroke, and butterfly to be eligible for the Stroke Booster program.

Monday/Wednesday
September 5-October 24
4 pm-5pm
7 pm-8pm

Tuesday/Thursday
September 3-October 25
4 pm-5 pm
7 pm-8 pm

Facility Members
\$170

Program Members
\$300

Register at the Welcome Center, give us a call,
or visit us online at ymcahouston.org.

For more information on the
Stroke Booster program, contact
Brittany Boren at brittany.boren@ymcahouston.org



MONTY BALLARD YMCA AT CINCO RANCH
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YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.
Everyone is Welcome.