



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Stingrays Swim Team Practice

Effective September 2018

## Monday–Thursday (School Year)

Time: 5–6:00 pm in water; 6–6:30 pm dry land – Whiptails (Beginner)  
5:30–6 pm dry land; 6–7 pm in water– Eagle Rays (Intermediate)  
6:30–7 pm dry land; 7–8 pm in water– Manta Rays (Advanced)

## Monday–Thursday (Summer)

Time: 7–8 am, 7–7:30 pm dry land, 7:45–8:45 pm in water – Whiptails  
6:30–8 am, 7–7:30 pm dry land, 7:45–8:45pm in water – Eagle Rays  
6–8 am, 7–7:30 pm dry land, 7:45–8:45 pm in water – Manta Rays

## Holidays (No Practice):

Labor Day– September 3  
Thanksgiving: November 19–23  
Winter Break–December 24 – January 4  
MLK: January 21  
Spring Break–March 11–15  
Memorial Day–May 27  
Independence Day– July 4

### LANGHAM CREEK FAMILY YMCA

16725 Longenbaugh Drive  
Houston, TX 77095  
281-859-6143  
[ymcahouston.org/Langhamcreek-family](http://ymcahouston.org/Langhamcreek-family)



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