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# Dragons Swim Team Practice

## Effective August 2018

### Monday–Thursday

**Time:** 5:30–6:30pm Bridging Group (Beginners)  
5:30–7:00pm 10&Under\*  
5:30–7:00pm 11&Older\*

**Location:** Spring Branch ISD Natatorium  
10404 Tiger Trail  
Houston, TX 77041

### Saturday

**Time:** 11:00–12:00pm Bridging Group (Beginners)  
10:00–12:00pm 10&Under\*  
10:00–12:00pm 11&Older\*

**Location:** The Brenda and John Duncan Family YMCA  
10655 Clay Rd.  
Houston, TX 77041

\*Swimmers must know three legal strokes to participate in these groups.

For any additional information or to schedule a tryout please contact Head Coach Sarah Boyer at [sarah.boyer@ymcahouston.org](mailto:sarah.boyer@ymcahouston.org)