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

**SESSION DATES:** January 1 – December 31 (Year-Round Program)

**MONTHLY COST:** Facility Members: $85 | Program Members: $110

**LOCATION:** T.W. DAVIS FAMILY YMCA

**PRACTICE SCHEDULE:**
- **Monday:** Beginners: 5:00–6:30 pm | Intermediate: 5:30–7:00 pm | Advanced: 6:30–8:00 pm
- **Tuesday:** Beginners: 5:00–6:30 pm | Intermediate: 5:30–7:00 pm | Advanced: 6:30–8:00 pm
- **Wednesday:** Beginners: 5:00–6:30 pm | Intermediate: 5:30–7:00 pm | Advanced: 6:30–8:00 pm
- **Thursday:** Beginners: 5:00–6:30 pm | Intermediate: 5:30–7:00 pm | Advanced: 6:30–8:00 pm

New participants can join any time during the year, practices are four days a week, which include workouts of one hour in the water and half hour of dry land activity each day.

Swim Meets are scheduled every month October–August.

**SWIMMER EVALUATIONS**
New swimmers must demonstrate the ability to swim 25 yards unassisted in front crawl and back stroke.

To schedule an evaluation, contact Jennifer Pinti at jennifer.pinti@ymcahouston.org or 281-341-0791.

T.W. DAVIS FAMILY YMCA | 911 Thompson Hwy, Richmond, TX 77469 | 281-341-0791 | 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.