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:** September 1–August 31 (Year-Round Program)

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

**LOCATION:** WEEKLEY FAMILY YMCA

**SCHOOL YEAR PRACTICE SCHEDULE:**
- **Monday–Thursday:**
  - Beginner: 5–5:45pm | Intermediate: 5:45–6:30pm | **Advanced:** 6:30–8pm
- **Friday:**
  - Beginner: 5–6pm | Intermediate: 6–7pm
- **Saturday:**
  - **Advanced:** 8–9am* | **Pre-Swim Team:** 9–10am

*Dry-land workout

**IMPORTANT INFORMATION:**
Practice will be moved indoors for drylands workout or canceled due to inclement weather (thunder, lightening, heavy rain or weather below 45 degrees). Parents will be notified via email if the pool is closed or practice is canceled. A makeup day will not be offered for swim practice if the pool is closed.

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

To schedule an evaluation, email Sajjad.Mia@ymcahouston.org

WEEKLEY FAMILY YMCA | 7101 Stella Link Blvd., Houston, TX 77025 | 713-664-9622 | 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.