LIFE IN THE FAST LANE
Duncan Dragons Swim Team

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 and registration is open year-round.

PRACTICE GROUPS

BRIDGING GROUP (BEGINNERS)
For new swimmers. This group introduces new swimmers to the basics of competitive swimming and teaches the four primary competitive swim strokes, all while fostering a sense of teamwork.

10 & UNDER, 11 & OLDER
These groups work on the fundamentals of strength and endurance with in and out of water training's. Swimmers focus on fine tuning their skills and building speed with each competitive stroke.

MONTHLY COST:
Facility Member: $85
Program Member: $110

For more information, email Sarah Boyer, Head Coach at Sarah.Boyer@ymcahouston.org.

Schedule information available on reverse side.

BREND A AND JOHN DUN CAN YMCA | 10655 Clay Rd., Houston, TX 77041 | 713-467-9622 | 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.
**PRACTICE SCHEDULE:**
We understand that families get busy, thus all practices are optional. We recommend that swimmers attend at least three practices per week.

**TIMES / DAYS / LOCATIONS:**

**Bridging Group:** Monday–Thursday: 5:30–6:30 pm | **Location:** Brenda and John Duncan Family YMCA  
**Bridging Group:** Saturday: 11 am–12 pm | **Location:** Brenda and John Duncan Family YMCA

**10 & Under / 11 & Under:** Monday–Thursday: 5:30–7 pm | **Location:** SBISD Natatorium  
**10 & Under / 11 & Under:** Saturday: 10 am–12 pm | **Location:** Brenda and John Duncan Family YMCA

**SWIM TEAM TRYOUTS:**
Tryouts consist of a swim test and skill assessment. Swimmers will be asked to perform a series of swims: freestyle, backstroke, breaststroke, or butterfly, to the best of their ability.

**Bridging Group Requirements:** Must be able to pass a swim test of a 25 yards swim without stopping  
**10 & Under:** Must be able to pass a swim test and swim three legal strokes, 25 yards each  
**11 & Under:** Must be able to pass a swim test and swim three legal strokes, 50 yards each

To tryout, swimmers must attend an open tryout from 9:30–10 am on Saturdays or schedule a time with Sarah Boyer, Head Coach at Sarah.Boyer@ymcahouston.org.

**YMCA LEAGUE SWIM MEETS:**
The Dragons compete in monthly swim meets against other YMCA of Greater Houston swim teams. League swim meets are optional and are included in the monthly program fee.

**2020 Season Meet Dates:**

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<tr>
<th>January 25</th>
<th>February 8</th>
<th>March 21</th>
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<tr>
<td>April 18</td>
<td>May 9**</td>
<td>June 13</td>
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<tr>
<td>June 27</td>
<td>July 11-12*</td>
<td>July 23-26**</td>
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* Meet dates are subject to change. ** Must qualify to participate.

**HOLIDAY PRACTICE:**
Practices that fall on the following holidays may be adjusted or canceled.

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<thead>
<tr>
<th>Memorial Day</th>
<th>Independence Day</th>
<th>Labor Day</th>
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<tbody>
<tr>
<td>Thanksgiving</td>
<td>Christmas Eve</td>
<td>Christmas Day</td>
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