LIFE IN THE FAST LANE
Langham Creek Stingrays

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.

SEASON DATES: September 1–August 31 (Year-Round Program)
MONTHLY COST: Facility Members: $85 | Program Members: $110
LOCATION: LANGHAM CREEK FAMILY YMCA

SCHOOL YEAR PRACTICE SCHEDULE:
Monday: Beginner: 5–6:30 pm | Intermediate: 5:30–7 pm | Advanced: 6:30–8 pm
Tuesday: Beginner: 5–6:30 pm | Intermediate: 5:30–7 pm | Advanced: 6:30–8 pm
Wednesday: Beginner: 5–6:30 pm | Intermediate: 5:30–7 pm | Advanced: 6:30–8 pm
Thursday: Beginner: 5–6:30 pm | Intermediate: 5:30–7 pm | Advanced: 6:30–8 pm

SUMMER PRACTICE SCHEDULE:
Monday: Beginner: 7–8 am | Intermediate: 6:30–8 am | Advanced: 6–8 am | ALL TEAM 7–8:45 pm
Tuesday: Beginner: 7–8 am | Intermediate: 6:30–8 am | Advanced: 6–8 am | ALL TEAM 7–8:45 pm
Wednesday: Beginner: 7–8 am | Intermediate: 6:30–8 am | Advanced: 6–8 am | ALL TEAM 7–8:45 pm
Thursday: Beginner: 7–8 am | Intermediate: 6:30–8 am | Advanced: 6–8 am | ALL TEAM 7–8:45 pm

SWIMMER EVALUATIONS
New swimmers must demonstrate the ability to swim 50 yards unassisted in front crawl and back stroke.

To schedule an evaluation, contact Dena Holder at dena.holder@ymcahouston.org or 281–859–6143.