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:** April 1–December 31 (Year-Round Program)

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

**LOCATION:** VIC COPPINGER FAMILY YMCA

**YEAR-ROUND PRACTICE SCHEDULE:**

**Beginner:** Monday–Thursday 5:30–6:30 pm

**Intermediate:** Monday–Thursday 6:35–8:05 pm

**Advanced:** Monday–Thursday 6:35–8:05 pm

**SWIMMER EVALUATIONS**

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

To schedule an evaluation, contact Holly Hamlin at holly.hamlin@ymcahouston.org or 281-485-6805.