



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Join the Team, Build a Family

Stingray Swim Team

Langham Creek Family YMCA

Come and join the team that is a year round competitive swimming program that promotes a healthy lifestyle, while working on Technic, Endurance, and Strength.

Swim Team is open to swimmers ages 5 to 21.

September 1, 2017—August 31, 2018

New participants can join at any time during the year.

1 hour of in-water practice plus 30 minutes dry land each day of practice. Practices are four days a week. With 1 meet per month, and 2 meets in both June and July.

Cost per month

Facility Member \$85, Program Member \$110
(Monthly cost automatically drafts the 1st of each month)

Swimmer Evaluations

Team members must demonstrate the ability to swim 25 yards/meters unassisted of Freestyle and Backstroke. Breaststroke and Butterfly are optional. Held Monday-Thursday During Practice.

Evaluations Times (During School Year): 5:00 PM, 6:00 PM, or 7:00 PM.

Evaluations Times (During Summer): 7:30—7:45 PM



For more information contact Joshua Haag,
Head Swim Team Coach, at
Josh.Haag@ymcahouston.org

LANGHAM CREEK FAMILY YMCA
16725 Longenbaugh, Houston, TX 77095

281-859-6143 www.ymcahouston.org/langham-creek



YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.

Everyone is welcome.



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Swim Team Level Descriptions

Practice Focus (Depending on Upcoming meet; Short/Long Course)

Monday: Kick/Pull sets with drill work

Tuesday/Wednesday: Drill work, technic focus

Thursday: Sprints/Turns/Starts

New Members

Are welcome to join at any time, an evaluation of the swimmer must be done before registration.

Evaluation Times (During School Year); 5:00 PM, 6:00 PM, 7:00 PM

Evaluation Times (During Summer): 7:30—7:45 PM

Facility Member \$85, Program Member \$110

Whiptail Rays (Beginner Group)

Swimmers will learn all four strokes, preform basic drills, learn intervals, and gain knowledge of what it means to be on a team.

Practice Times (School Year): 5:00—6:00 PM in-water, 6:00-6:30 PM Dryland.

Practice Times (Summer): 7:00—8:00 AM in-water. 7:00 – 7:30 Dryland, 7:45—8:45 in-water.

Requirements: Unassisted swim a 25 yards/meters of Freestyle and Backstroke.

Focus: To build swimmers up with the basics of each of the four competitive strokes. Can swim any where from 600-1,200 yards/meters a practice.

Eagle Rays (Intermediate Group)

Swimmers will learn about how to read the clock for intervals, build endurance for long distance events and proper technic of all four stroke.

Practice Times (School Year): 5:30—6:00 PM Dry Land, 6:00—7:00 PM in-water.

Practice Times (Summer): 6:00—8:00 AM in-water. 7:00 – 7:30 Dryland, 7:45—8:45 in-water.

Requirements: Must be able to swim legally 3 out of four Strokes for a minimum of 50 yards/meters. (Freestyle, Backstroke, and Breaststroke or Butterfly)

Focus: Build proper technique and fine tuning for each stroke. Learn and understand how to read a pace clock. Can swim any where from 1,300-1,800 yards/meters a practice.

Manta Rays (Advanced Group)

Swimmers will learn how to fine tune their strokes to be as efficient as possible while getting as much out of each stroke and kick.

Practice Times (School Year): 6:30—7:00 PM Dry Land, 7:00—8:00 PM in-water.

Practice Times (Summer): 6:00—8:00 AM in-water. 7:00 – 7:30 Dryland, 7:45—8:45 in-water.

Requirements: Must be able to swim all four stokes legally for a minimum of 50 yards/meters.

Focus: To learn how to adjust your stroke to your style of swimming. Learn how to pace long distance races, Going on intervals without coaches sending off. Can swim anywhere from 1,800-2,400 yards/meters a practice.

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Adverse Weather Policy

We strive to hold each and every practice in the water, however, inclement can cause cancellation in the water. We will also have dryland practice at minimum—Please come prepared for both dry land and swimming each day just in case. Please call Front desk, or Aquatics to find out the status of the practice.