

the  **Southwest YMCA**  
**Swim Team**



**Practice Schedule** (3 days per week) **Pricing** (billed monthly)

Monday/Wednesday/Friday

6 PM – 7 PM

**OR**

Tuesday/Thursday/Friday

6 PM – 7 PM

**Y Member**

\$179/month

**Community Member**

\$259/month

**Tryouts** (required before waitlist entry)

**100 yd. I.M. kick (within 4 mins)**

25 yd. dolphin kick

25 yd. backstroke kick

25 yd. breaststroke kick

25 yd. freestyle kick

**Four 50s I.M. order with correct turns (within 7 mins)**

50 yd. butterfly

50 yd. backstroke

50 yd. breaststroke

50 yd. freestyle

**Interested? Contact us!**

**Jeremy Lorenzen**

**Aquatics Director**

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**Michael Wong**

**Head Coach**

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