



VIPER Youth Swim Team



Practice Times:

Vipers hold practice four times a week. Children are not required to participate every time. We suggest practice 2 or 3 times a week.

4:30-5:30 pm: JV 1 practice time. JV 1 is our beginner level. Usually 5-11 year olds new to Swim Team.

6:00-7:30 pm: JV 2 and Varsity practice time. Intermediate to Advanced swimmers from 8-15.

Both times are open to any level of swimmer. Coaches are trained to develop fun practices that can be manipulated for any swimming ability.

Practice Days: Mon, Tue, Wed, Fri

YMCA Youth Swim Teams are a great way for children of all ages to learn about the sport of competitive swimming in a fun-filled atmosphere. Swimmers will learn the basic rules for competitive swimming and learn to improve their technique with the four competitive strokes; breast stroke, back stroke, butterfly and free style.

Our goal is to develop a love for the sport of swimming that will only grow with them as they advance through high school and beyond.

Swim Team Dues:

Swim Team is a YMCA Members Only Program
\$50 a month on a bank draft just like
YMCA Membership dues

OR

\$60 a month paying at the Front Desk first of the
month every month.



J. Douglas Williams YMCA Family Center
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