

GOLDFISH



Swim Team Prep

Bi-weekly starting Sept. 6
Monday and Wednesday
4:15 to 5 p.m. - Ages: 4-7
5:15 to 6 p.m. - Ages: 5-9*
\$180 per person

This class is for children who can swim, but need more technical training in the four main strokes before joining swim team. Our focus will be on 75% technique, 25% endurance.

This course will help build a strong foundation and introduce them to how swim team practice will be run.

Register through CampMinder on the Aquatics page at www.myhoustonian.com by using the Houstonian App.

**Child must turn 5 years old before June 2023.*

For more information, contact Aquatics Program Coordinator Lauren Gill at lgill@houstonian.com.

