



YEAR ROUND SWIM TEAM

BENBROOK COMMUNITY CENTER YMCA

Group	Fees	Practice
<p>White (Beginner)</p> <p>This group focuses on the development of swimming skills for children, teaching and emphasizing proper technique of all 4 competitive swim strokes. Swimmers in this group must be able to swim 25 yards freestyle with their face down, breathing bi-laterally and with a proper flutter kick. This group swims three times per week. Schedule may change for holidays or breaks in season.</p>	<p>Member: \$65/month Non-Member: \$90/month One Time League Fee: \$40</p>	<p>School Year Options: Mon, Wed, Fri 4:00-4:45p OR Mon, Wed, Fri 6:15-7:00p</p>
<p>Red (Intermediate)</p> <p>This group is designed for the competitive swimmer. Technique will continue to be emphasized. This group swims in the evenings Mon/Tues/Thurs/Fri. We also have morning swim on Wednesdays, plus strength training on Mondays and Fridays and morning yoga on Tuesdays and Thursdays. Fins and tempo trainers are required. Schedule may change for holidays or breaks in season.</p>	<p>Member: \$75/month Non-Member: \$95/month One Time League Fee: \$40</p>	<p>School Year Practice: Mon-Fri 6:00-7:00a Mon, Fri 4:45-6:15p Tues, Thurs 4:30-5:30p</p>
<p>Black (Advanced)</p> <p>This group is designed for the competitive swimmer who has BB times or faster in all 4 strokes. Technique will continue to be emphasized. This group swims in the evenings Monday through Friday. We also have morning swim on Wednesdays, plus strength training on Mondays and Fridays and morning yoga on Tuesdays and Thursdays. Fins and tempo trainers are required. Schedule may change for holidays or breaks in season.</p>	<p>Member: \$80/month Non-Member: \$105/month One Time League Fee: \$40</p>	<p>School Year Practice: Mon-Fri 6:00-7:00a Mon, Wed, Fri 4:45-6:15p Tues, Thurs 5:30-7p</p>

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BENBROOK COMMUNITY CENTER YMCA
 1899 Winscott Rd, Benbrook, TX 76126
 817-249-0500 | ymcafww.org/



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Additional Information

- **Mandatory Parent Meeting – September 9, 7:00pm–8:30pm, Benbrook Community Center YMCA**
- Swim team is for ages 4–21 who meet the requirements listed above. Swimmers must be assessed before registering for swim team. Assessments are conducted on the following dates:
 - August 28th & 29th, 5:00pm
 - September 25th & 26th, 5:00pm
 - October 23rd & 24th, 5:00pm
 - November 20th & 21st, 5:00pm
 - December 18th & 19th, 5:00pm
 - January 29th & 30th, 5:00pm
 - February 26th & 27th, 5:00pm
 - March 25th & 26th, 5:00pm
 - April 29th & 30th, 5:00pm
- Swim meets are once per month in the DFW area during the school year, plus five meets over the course of the summer. The state meet is held in Frisco near the end of July. Meet information is emailed to registered participants as it becomes available. Meets are not required, but encouraged! Additional meet fees apply for those participating in League Championship Meets and the Lone Star State Meet.
- The “year round” season runs September 4–April 30. The “summer” season runs May 1–July 30. Swimmers may join the team at the beginning of any month during the season. **Swimmers may join the team at any point during the summer season, however fees will not be prorated.**
- All swimmers must pay the annual League Fee with the first month’s registration (\$40).
- Swim team fees must be paid monthly via automatic draft, or paid in full at the time of registration.

Coach & Contact Information

The Benbrook Barracuda Swim Team is coached by Head Coach Kathy Steinbrenner. Kathy has been coaching age group swimmers on and off for that past 35 years. She was formerly the head coach for the San Jacinto Aquatic Club in Houston and for the last 20 years has been the head coach for the RPA Swim Team in Fort Worth. Kathy was also the middle and high school head swim coach at All Saint’s Episcopal School for 5 years.

For more information about the swim team, please contact BenbrookAquatics@ymcafw.org