



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SHOW US WHAT YOU'RE MADE OF

## Pre-Swim Team STONESTOWN FAMILY YMCA

### Description

Want to learn what it takes to be on the Stonestown Stingray Swim Team? Join us at Pre-Swim Team! Pre-Swim Team is a class held during swim team practice times that allows participants the opportunity to work on Stingray Swim Team prerequisites. Coaching staff will work with swimmers to develop techniques and endurance. "Fish" and/or "Flying Fish" level skills are required for admittance.

### Weekly Practice Times

Wednesday: 4:30 - 5:30 PM

Sunday: 4:00 - 5:00 PM

### Pre-Swim Team Fees

Facility Member: \$140

Program Member: \$200

### Contact Us

For more information, please contact:

Courtney Wheelock  
Swim Lesson Coordinator  
415.242.7132  
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