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# YEAR ROUND SWIM TEAM

## BENBROOK COMMUNITY CENTER YMCA & WESTSIDE YMCA



GROUP	FEES	PRACTICE
<p><b>Blue (Beginner)</b></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 unassisted without stopping. This group practices three times per week. Schedule may change for holidays or breaks in season.</p>	<p>Member: \$60/Month Non-Member: \$85/Month One Time League Fee: \$35</p>	<p><b>School Year Options at Benbrook:</b> Mon, Wed, Fri 4:00p-4:45p Mon, Wed, Fri 6:15p-7:00p Tues, Thurs 7:00p-7:45p; Fri 6:15p-7:00p</p>
<p><b>Purple (Intermediate)</b></p> <p>This group is designed for the swimmer who is now "legal" in all four competitive strokes and can swim 50 yards in each stroke legally. This group practices three times per week for an hour and a half each time, including mandatory dryland training. Schedule may change for holidays or breaks in season.</p>	<p>Member: \$65/month Non-Member: \$90/month One Time League Fee: \$35</p>	<p><b>School Year Practice at Benbrook:</b> Mon, Wed, Fri 4:45p-6:15p</p>
<p><b>Orange (Advanced)</b></p> <p>This group is designed for the competitive swimmer. Technique will continue to be emphasized. This group practices five times per week, including dryland training. Fins and tempo trainers are required. Schedule may change for holidays or breaks in season.</p>	<p>Member: \$70/month Non-Member: \$95/month One Time League Fee: \$35</p>	<p><b>School Year Practice at Benbrook:</b> Mon-Fri 4:45p-6:15p</p>
<p><b>Yellow (Advanced)</b></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 practices five times per week minimum including dryland training. Fins and tempo trainers are required. Schedule may change for holidays or breaks in season.</p>	<p>Member: \$70/month Non-Member: \$95/month One Time League Fee: \$35</p>	<p><b>School Year Practice at Benbrook:</b> Mon 4:45p-6:15p; Tues-Fri 6:00a-7:30a</p>



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## Additional Information

- **Mandatory Parent Meeting – September 11, 6:00pm–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 29, 7:00pm
  - August 30, 6:00pm
  - September 27, 3:45pm & 7:00pm
  - September 29, 3:45pm & 7:00pm
  - October 25, 3:45pm & 7:00pm
  - October 27, 3:45pm & 7:00pm
  - November 29, 3:45pm & 7:00pm
  - December 1, 3:45pm & 7:00pm
  - December 27, 3:45pm & 7:00pm
  - December 29, 3:45pm & 7:00pm
  - January 24, 3:45pm & 7:00pm
  - January 26, 3:45pm & 7:00pm
- Swim meets are once per month in the DFW area during the school year. During the summer, there are 5 local meets. The state meet is held in Frisco during the last weekend 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.
- All swimmers must pay the annual League Fee with the first month’s registration (\$35).
- Swim team fees for 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 Jennifer “Bug” Lipp. Coach Bug is a USA Swimming Certified Coach and has coached the Barracudas for 6 years. For more information about the swim team, please contact Kayla Keoughan, aquatics coordinator, at [Kayla.Keoughan@ymcafw.org](mailto:Kayla.Keoughan@ymcafw.org)

