



COMPETITIVE SWIM TEAM

NEW SWIMMER SIGN-UPS

EVALUATIONS MAY BE REQUIRED. Visit website or email us for details.

OHYA Swimming is a USA Swimming sanctioned competitive swim team which falls under the auspices of Oak Hills Youth Athletics. OHYA Swimming is perfect for the dedicated competitive swimmer who wants to improve technique, strengthen endurance, gain confidence, and HAVE LOTS OF FUN with other swimmers! Join now and swim year-round with great swimmers of all ages!

WHY IS OHYA SWIMMING PERFECT FOR YOU?

- + Practices are conveniently located at Oak Hills High School Pool
- + Practices are held in the mornings during summer
- + Swimmers of all ages can compete in top level swim meets
- + Smaller team atmosphere allows for more personalized coaching
- + Coaches work to strengthen a swimmer's mind, heart and body to be the best swimmer possible

6 - 10 YEARS OLD:

Must be able to swim two lengths of the pool unassisted. Helpful to have passed intermediate swim lessons or equivalent.

11-18 YEARS OLD:

Must have competed for a swim team previously, including but not limited to a school team, summer swim team, or other competitive club team.

All new swimmers must register at ohyouthathletics.org

SPACE IS LIMITED!
SIGN UP TODAY!



Website:

www.teamunify.com/ohohya

Questions:

OHYAswimming@gmail.com

VISIT OHYOUTHATHLETICS.ORG TO REGISTER