

Swimming Leagues

Cy-Fair Teams Heat up the Pool

Written by Marlena Solomon, Photos Courtesy of the Kinsella Family



Pierce ready on the starting blocks for the race



Swim leagues offer a fun way to stay fit in summer



Joining a Cy-Fair team is a great way to meet new friends

To beat the heat in Cy-Fair, the pool is one of the most popular places to find kids and adults of all ages lounging or playing poolside. Beyond the splashing around and games of Marco Polo, neighborhood Cy-Fair swim teams are heating up as their competitive seasons get underway. Swimmers on the teams, who range in age from 4 to high school seniors, begin their meet season in mid-May and continue through the summer, culminating with divisional and invitational competitions.

According to the Northwest Aquatic League, approximately 4,655 swimmers in the NWAL are Cy-Fair swimmers. Other Cy-Fair swimming teams are part of the USA Swimming organization. The benefits of being on a swim team are many. Along with being

a good summertime workout, it is also a great way to meet your neighbors who have similar interests and promotes self esteem by giving participants the ability to measure success on a weekly basis. In addition to the sport itself, long lasting friendships are also made, says NWAL President Kyle Baden, who has known several families involved in swim leagues for more than 10 years. "Because of swimming as a family, we have made great friends," he says. So jump in and make a splash competing while having summer fun. Check our guide for a list of local leagues. **CFM**

MARLENA SOLOMON began swim lessons early at the YMCA, completing classes from Polliwog through Porpoise, and later trying her hand at synchronized swimming as a Girl Scout.



Reece, a Bridgeland Barracuda, competes in the backstroke

Northwest Aquatic League Teams

Bear Creek Barracudas
bearcreekswimteam.com

Bridgeland Barracudas
bridgelandbarracudas.com

Canyon Gate Northpointe Shockwaves
cgnshockwaves.org

Coles Crossing Crocodiles
colescroc.org

Copperfield Dolphins
copperfielddolphins.com

Cypress Creek Barracudas
ccracudas.org

Cypress Mill Mako Sharks
cmmakosharks.org

Cypress Pointe Cyclones
efeamz.com/cypresscyclones

Enchanted Valley Marlins
evswimming.com

Fairfield Area Swim Team (FAST)
swim4fast.org

Heatherwood Hurricanes
heatherwoodhurricane.com

Jersey Village Stars
jvstars.com

Lakes on Eldridge Swim Team
lakesoneldridge.net

Lakewood Lightning
281-376-1893
lakewoodresidentsclub.homestead.com

Ravensway Racers
ravenswayracers.com

Steeplechase Stallions
steeplechasestallions.com

Stone Gate Serpents
stonegateswimteam.com

USA Swimming Teams
Cypress-Fairbanks Swim Club
fleetswimming.com

Lone Star Swim Team
lonestarswimteam.org

Texas Terrapins Swim Team
texasterrapins.com

YMCA of Greater Houston
Stop by one of Cy-Fair's many YMCA locations to find a local swim team or visit ymcahouston.org

Clay Road Family YMCA
713-467-9622

Cypress Creek Family YMCA
281-469-1481

Langham Creek Family YMCA
281-859-6143

North Harris County Family YMCA
281-444-3550

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