



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IMPROVE YOUR STROKES

High School Conditioning Clinic

September 11 - November 1

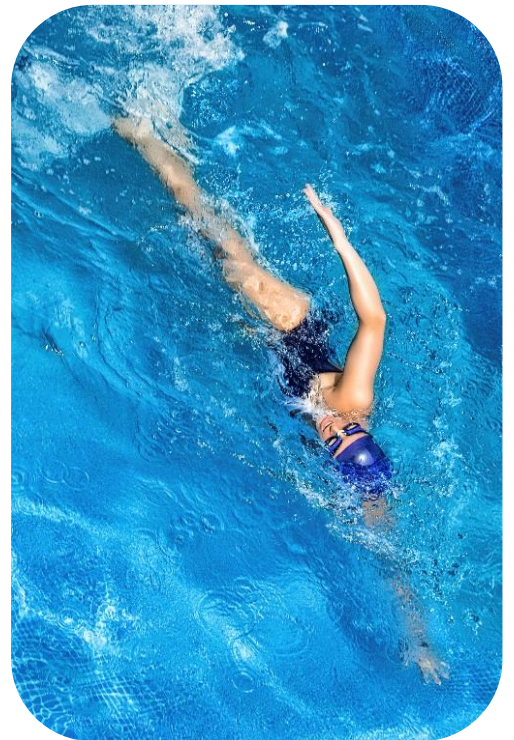
Brush up on your skills just in time for your high school swim season! Participants will work on their technique for all four competitive strokes, focus on starts and turns- all while building endurance.

Our High School Conditioning clinic will be held on Monday, Tuesday and Wednesday's from 3:00 – 4:00 pm

Swimmers can register for the following options:

- > 1 day per week: \$185
- > 2 days per week: \$265
- > 3 days per week: \$350

If you have any additional questions, please contact Alicia Kelly by emailing akelly@cymca.org or calling 732. 836. 9177 ext. 14



THE COMMUNITY YMCA

Camp Zehnder

3911 Herbertsville Road
Wall, NJ 08724

P. 732.836.9177

swimandmore@cymca.org

TheCommunityYMCA.org



Here for all.

Financial assistance is offered based on availability of funds.