



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IMPROVE YOUR STROKES

High School Conditioning Clinic

October 8 – November 7

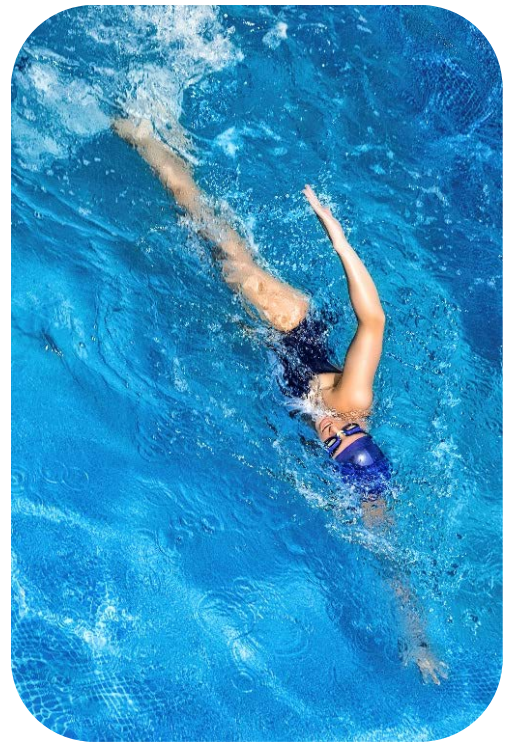
Brush up on your skills just in time for your high school swim season! Participants will work on their technique for all four competitive strokes, focus on starts and turns- all while building endurance.

Our High School Conditioning clinic will be held on Monday, Tuesday and Wednesday from 3:00 – 4:00 p.m.

Swimmers can register for the following options:

- > 1 day per week: \$145
- > 2 days per week: \$185
- > 3 days per week: \$265

If you have any additional questions, please contact Alicia Kelly by e-mailing akelly@cymca.org or calling 732.836.9177



THE COMMUNITY YMCA

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TheCommunityYMCA.org



Here for all.

Financial assistance is offered based on availability of funds.