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FOR HEALTHY LIVING  
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# DIVE INTO COMPETITION SUMMER ROCKETS SWIM TEAM

Summer league swimming is a great way to experience the sport of competitive swimming and improve times in a fun atmosphere! Swimmers between the ages of 5 and 14 years old that are interested in signing up for the Summer Rockets swim team must be able to swim across the pool without stopping or using a flotation device. Swimmers will have the option to practice at either our Camp Zehnder or Red Bank locations. Swim meets will be held on Tuesday and Thursday evenings (schedule TBD).

## Red Bank

- > Monday-Thursday
- > 10 & under practice 3:45 to 5:00 p.m.
- > 11 & over practice 4:45-6:00 p.m.

## Camp Zehnder

- > Monday-Thursday
- > Practice will be held 7:00-8:15 a.m.



**All practices will begin the week of June 24<sup>th</sup>.**

## Registration

Registration can be done in person at the Welcome Center at Red Bank during any of our regular facility hours. Registration can also be completed online at [cymca.org](http://cymca.org)

**To register or for more information, contact Joan Truscio at [jtruscio@cymca.org](mailto:jtruscio@cymca.org).**

## THE COMMUNITY YMCA

Red Bank Family YMCA

166 Maple Avenue  
Red Bank, NJ 07701

P. 732.741.2504  
[membership@cymca.org](mailto:membership@cymca.org)

[TheCommunityYMCA.org](http://TheCommunityYMCA.org)



**Here for all.**

Financial assistance is offered  
based on availability of funds.