



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HIGH SCHOOL SWIM TEAM CLINIC

Sep. 30 – Nov. 8

Led by YMCA of Greater Monmouth County Swim Team coaches, this clinic will prepare high school-aged swimmers for the upcoming high school swimming season. Focuses of the clinic will include conditioning, technique, and skills for all four strokes and the individual medley.

COST: \$250 per swimmer

PRACTICES: Monday, Wednesday, and Friday

Click a session to register
SESSIONS: 2:30-3:15 or 3:15-4:00

For more information, please contact:
Robert Bartus @732.462.0464 ext. 102,
or email rbartus@ymcanj.org

Open
to all high
school-aged
swimmers



YMCA of Greater Monmouth County

4873-FHY

FREEHOLD YMCA
470 East Freehold Rd.
Freehold, NJ 07728

732.462.0464
ymcanj.org



Here for all.
Financial assistance is offered
based on availability of funds.