



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fall 2019

High School Competitive Stroke Clinic

This Clinic is designed to help the high school swimmer gain the competitive edge to compete on a higher level and get them in better physical condition before your High School season starts.

Our Coaches will work closely with the swimmers to develop their technique in all four competitive strokes while increasing their endurance and training ability. They will also have a strong focus on improving their starts and turns!

Ages

8th Grade through High School

When

Starts Tuesday, Sept. 17th
through Thursday, November 7th
Tuesday, Wednesday, and Thursday: 7:30-8:45PM

Where

Ocean County YMCA, 1088 W Whitty Road, Toms River, NJ 08755

Registration

Registration is first come first serve and begins Monday, August 12th, 2019

Full Privilege YMCA Members \$200.00

Non-Member & Program Members \$240.00

Registration for current Y Members can be done by phone 732 341 9622 ext 0
All new participants and Non Members must register in person at the Y.

Contact

David Eldridge, Head Coach, 732 341 9622 ext 2221

