


FIND YOUR STRENGTH FIND YOUR Y.

YMCA Competitive Swim Camp



 **Greater Monmouth YMCA Swim Camp** will help you develop as a swimmer, both inside and outside of the pool. We provide a fun atmosphere offering a variety of impactful techniques and skill progressions that dramatically improve start, turn, and stroke techniques.

- ☀ **Monday is Freestyle Day!**
- ☀ **Come back on Tuesday for Backstroke!**
- ☀ **Wednesday we fly, it's Butterfly day!**
- ☀ **Thursday wraps up with Breaststroke, Tom Wilkens and mock fun meet!**

Camp will be run by the Greater Monmouth coaching staff with over 100 years of coaching experience combined.

**Guest Speaker: Tom Wilkens, Olympic Bronze Medalist/
GMNY Assistant Coach**



For more information,
e-mail: jtruscio@ymcanj.org

When: AUG 29–SEPT 1 (Mon–Thur)

Time: 9 A.M.–3 P.M.

Where: Camp Zehnder
3911 Herbertsville Road, Wall

Who: Swimmers (ages 8–14)

Cost: \$250

Daily Rate: \$85

For a better us.®

» ymcanj.org

REGISTER NOW AT

> bit.ly/YGMC-SwimCamp

YMCA OF GREATER MONMOUTH COUNTY

170 Patterson Avenue
Shrewsbury, NJ 07702

732.671.5505
info@ymcanj.org

YMCA.NJ.org



Here for all.

Financial assistance is offered
based on availability of funds.

722-6193-THQ