## FIND YOUR STRENGTH FIND YOUR Y.

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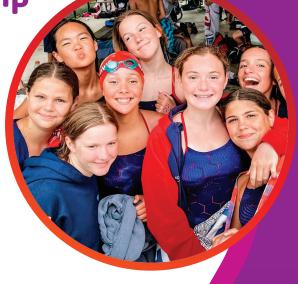
**YMCA Competitive Swim Camp** 

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



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

For a better us.®
) ymcanj.org

REGISTER NOW AT bit.ly/YGMC-SwimCamp

YMCA OF GREATER MONMOUTH COUNTY

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Here for all.

Financial assistance is offered based on availability of funds.