



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM STRONG

YMCA SEALS SWIM TEAM PRE-SEASON STROKE CLINICS

GET PREPARED FOR WINTER SWIM SEASON
by participating in our August Stroke Clinics

» 6 – 10 YEAR OLDS:

Meet nightly with a stroke focus per week – free, back, butter and breast.
Preferably participant will have swum on a competitive team (and are able to swim legal – 50yds. freestyle, and 25yds. each: backstroke, breaststroke, and butterfly.
4 practices per week; 4 weeks
Meets: Mon.– Thurs., 6 – 7pm (1 hour)

» 11 – 18 YEAR OLDS:

Must have competitive experience and be able to swim legal 100-yard freestyle and 50 yards each: breaststroke, butterfly and back stroke.
4 practices per week; 4 weeks
Meets: Mon.– Thurs., 7 – 8pm (1 hour)



Freestyle: July 29 – August 1

Backstroke: August 5 – 8

Breaststroke: August 12–15

Butterfly: August 19–22

REGISTRATION BEGINS:

Facility members: Monday, July 1

Program members: Monday, July 8

- Limited spaces for each age group practice
- Sign up for the stroke week(s) you are interested in improving

**Sign up for all 4 weeks and save

FEES:

WEEKLY Fee: Facility member: \$34; Program Member \$54 (4 days)

ALL Weeks (4 total): Facility member: \$119; Program Member \$187 (4 days for 4 weeks)

For more info contact Coach Mike at ymcaswimteam@ccaymca.org

Cumberland Cape Atlantic YMCA

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