



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**

**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](mailto:rbartus@ymcanj.org)

Open  
to all high  
school-aged  
swimmers



**YMCA of Greater Monmouth County**

**FREEHOLD YMCA**  
470 East Freehold Rd.  
Freehold, NJ 07728

732.462.0464  
[ymcanj.org](http://ymcanj.org)



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

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