



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IMPROVE YOUR SKILLS BUILD YOUR CONFIDENCE

MERIDEN-NEW BRITAIN-BERLIN YMCA SEALS SWIM TEAM SWIMMING BOOTCAMP



Swimming Boot Camp is a stroke development program for beginners to competitive swimmers, especially for those looking to join a competitive team. We will focus on a different stroke each week, including starts and turns. The goal is to improve and correct the strokes that the swimmers know and work on the ones they still need to learn. We will also cover the fundamentals of racing, good sportsmanship and team spirit. Swimmers will have the opportunity to work in small groups with instructors, making it easier to understand and learn.

Spotted Seals and Weddells Fee: Full Member \$125, Program Member \$155

Practice Schedule: Monday through Thursday 5:30 p.m. – 6:30 p.m.

Location: Maloney High School Pool

Week	Start Date	Stroke
Week One	Begins August 10	Freestyle
Week Two	Begins August 17	Backstroke
Week Three	Begins August 21	Breaststroke
Week Four	Begins August 31	Butterfly
Week Five	Begins September 8	Review week

Contact Cathy Lewis with questions at 203-440-1870 at or clewis@meridenymca.org.

MERIDEN-NEW BRITAIN-BERLIN YOUNG MEN'S CHRISTIAN ASSOCIATION, INC.

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