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FOR HEALTHY LIVING  
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# COMPETITIVE SWIM DRY LAND STRENGTH TRAINING **NEW!**

**Calling all Mariners Swim Team participants. Join us for an 6-week dryland training program as we train together and win together!**

**STRENGTH TRAINING BOOT CAMP (WEEKS 1-6):** Build your strength through a series of carefully designed dryland movements and exercises to strengthen muscles to help you during competition in a fun, engaging boot-camp style format. Train together with your teammates to become stronger and faster in the water!

## **WHEN**

Tuesdays and Thursdays at 4:45 p.m. in the Rec Room.

Classes begin Tuesday, February 4th

## **FEES**

6 week program - \$120(Mariners Swim Team participants only).

## **REGISTRATION**

Visit the Welcome Center to register today, or register online

## **CONTACT**

Group Exercise Coordinator Peggy Potter at  
973-822-9622 x2243; ppotter@madisonymca.org.

## **MADISON AREA YMCA**

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