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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Spring 2018
High School Competitive Stroke Clinic

Clinics are designed to help high school swimmers gain the competitive knowledge to compete on a higher level and keep them in better physical condition during the off season.

Our OCY Tiger Shark Swim Team Coaches will be instructing this clinic.
Our Coaches will work closely with the swimmers to develop their technique in all four competitive strokes. They will also have a strong focus on improving their starts and turns!

Ages

13 and up
For swimmers entering
or in High School

When

March 20th through June 14th
Tuesday and Thursday 7:15–8:45 PM

Where

12 Lane Pool, Ocean County YMCA, 1088 W Whitty Road, Toms River, NJ 08755

Registration

Starting 2/1/18 - Sign up at Member Services
Annual YMCA members $275.00
Basic or Non-Members $299

Contact

David Eldridge, Head Coach, 732 341 9622 Ext. 2221

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