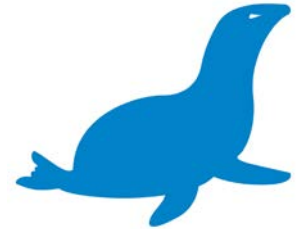




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IMPROVE YOUR SKILLS BUILD YOUR CONFIDENCE



Meriden YMCA Seals Swim Team Swimming Boot Camp

Swimming Boot Camp is a four week stroke development program for competitive swimmers or 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 they know and to introduce and learn the odd strokes that they still need. We would like to give swimmers the opportunity to work in smaller groups with instructors, making it easier to understand and learn.

WEDDEL SEALS (8 AND UNDERS)

TIME: 5:00PM-6:00PM

FEE: FULL MEMBER \$60 PROGRAM MEMBER \$90

Week one will begin on September 11-14th – Freestyle

Week two will begin on September 18-21st – Backstroke

Week three will be 9/25 and 9/26 – Introduction to butterfly and breaststroke
9/27 and 9/28 – Review and Diving

HARBOUR/HARP/LEONARD

FEE: FULL MEMBER \$75 PROGRAM MEMBER \$105

Week one will begin on September 5th - Freestyle

Week two will begin on September 11th- Backstroke

Week three will begin on September 18th- Breaststroke/Butterfly

Week four will begin on September 25th – Starts and turns

Harbour 5:00pm-6:00pm

Harp/Leopard 6:00pm-7:00pm

*Friday times are all 5:00pm – 6:00pm

Please register at the Welcome Desk. Any questions contact Cathy at

Meridenseals@hotmail.com or clewis@meridenymca.org.

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

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