



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HONE YOUR SKILLS



AT OUR STROKE TECHNIQUE CAMP

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social – emotional and cognitive well – being, and foster a lifetime of physical activity.

Date: August 7 – 11 | 9:00 AM – 12:00 PM

Rates: Members \$65 | Community Participants \$85

For more information: Please contact Ginni Hiers at ghiers@vfymca.org, call 386-532-9622 or visit the Membership Desk

Registration: At the Membership Desk

FOUR TOWNES FAMILY YMCA

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TOGETHER WE CAN BUILD A BETTER US