



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](mailto:ghiers@vfymca.org), call 386-673-9622 or visit the Membership Desk**

**Registration: At the Membership Desk**

ORMOND BEACH FAMILY YMCA

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TOGETHER WE CAN BUILD A BETTER US