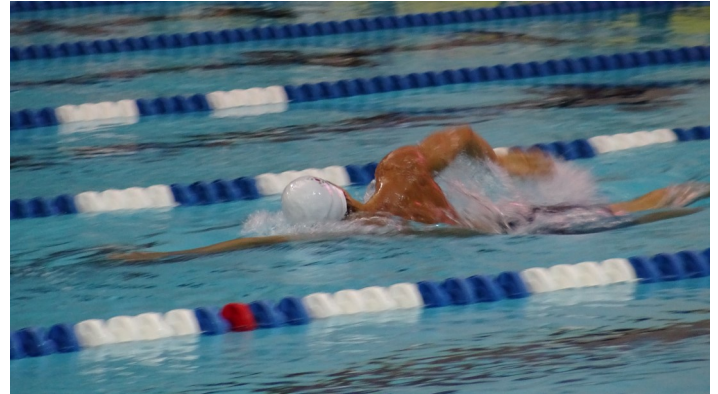




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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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2018 YORK YMCA STROKE CAMPS

Commit yourself to improving your skills and learning more about proper stroke mechanics. Watch your own strokes in high quality video and get a copy to watch on your own or with your team coach. Improve your swimming performance by taking advantage of this cutting edge camp.

The York YMCA Stroke Camp is 3 hours of focused work that's sure to grow your knowledge and increase skill. The camp is led by the York YMCA coaching staff, a highly experienced group of coaches who are committed to excellence in coaching. This is a high tech camp and uses some of the most advanced technology in swim video capture and analysis.

Each camp includes:

- 30 minute of stroke technique overview in a classroom setting (power point and video)
- 90 minutes of skill work in the pool (indoor SCM pool)
- 60 minutes of underwater video (current camp focus stroke filmed from 4-6 angles at 4k resolution)
- 8 GB flash drive with camper's videos and elite athlete's videos to compare and contrast.





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2018 YORK YMCA STROKE CAMPS

Summer Camp dates are as follows: (More information on reverse page)

Backstroke: May 12 1-4 pm
Starts & Turns May 13 1-4 pm
Freestyle May 26 1-4 pm
Butterfly June 16 1-4 pm
Breaststroke June 17 1-4 pm
Starts & Turns June 30 1-4 pm

Location: Graham Aquatic Center
543 N Newberry St
York PA 17401

Cost: \$95per swimmer includes

8 GB flash drive with camper's videos and elite athlete's videos to compare & contrast.

Contact Information: John Nelson, Director of Competitive Swimming
jnelson@yorkcoymca.org

Payment Information:

Mail payment with registration form to:
YMCA of York
Attn: John Nelson
90 N Newberry St
York PA 17401
Payments: Check , Cash or Credit Card

2018 York YMCA Stroke Camps

Name: _____ Male ___ Female ___

Date of Birth: ____ / ____ / ____

Street Address: _____

City: _____ State: ____ Zip code: _____

Email Address: _____ Phone: _____

Parent/Guardian Name _____ DOB _____

Payment Method: _____ Check _____ Cash _____ Credit Card

Name on Credit Card _____

Credit Card Number _____ Expiration _____

Backstroke ___ Starts & Turns(5/13) ___ Starts & Turns(6/30) ___

Freestyle ___ Butterfly ___ Breaststroke ___