



FOR YOUTH DEVELOPMENT<sup>®</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# ANA Synchro Winter Camp

## WHERE

Andover YMCA  
165 Haverhill Street  
Andover, MA 01818

## WHEN

December 27th – 30th  
8:00 a.m. – 4:00 p.m.

**For 10&Under and Novice swimmers:**  
8:00 a.m. – 12:00 p.m.

## COST

\$400 full day  
\$110 drop-in fee full day

**For 10&Under and Novice swimmers:**  
\$225 half day  
\$60 drop-in fee half day

## REGISTRATION

Download a registration form from  
[www.anasynchro.org](http://www.anasynchro.org)

More info: [lpinette@mvyymca.org](mailto:lpinette@mvyymca.org)



**Because synchro is more than just pool work, the clinic will include**

- Synchro Specific Core Work
- Propulsion Skills
- Cross-training
- Strength training
- Flexibility training
- Daily seminars—setting goals, nutrition, team building, to name a few
- Low coach to swimmer ratio

**Andover YMCA**  
165 Haverhill Street  
Andover, MA 01810  
978-685-3541

[mvyymca.org/anasynchro](http://mvyymca.org/anasynchro)

This camp must comply with regulations of the Massachusetts Department of Public Health and be licensed by the local board of health.



Assistant Head Coach,  
Reem Abdalazem and  
Head Coach Leah Pinette

**Learn from our Champion Clinicians, Leah Pinette and Reem Abdalazem**

- Choreography
- Grade-Level Prep
- Figures
- Isolation
- Sculling, eggbeater, stroke technique & much more!