



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



ANA Synchro Summer Camp Full Day

WHERE

Andover YMCA
165 Haverhill Street
Andover, MA 01818

WHEN

Monday, August 14th – Friday, August 18th
8:00 a.m. – 4 p.m.

COST

\$500, Day Camper
\$550, home hospitality
\$300, hosting a camper
\$100, day drop-in fee

REGISTRATION

Download a registration form from
www.anasynchro.org
More info: 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

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!