



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ANA
SYNCHRO
Andover/North Andover YMCA

SYNCHRO CLINICS

WHERE

Andover/North Andover YMCA
165 Haverhill Street
Andover, MA 01810

WHEN

Clinic One:

Monday, July 29–Wednesday, July 31

Clinic Two:

Wednesday, July 31–Friday, August 2
8:00 a.m.–4:00 p.m.

COST

\$110 per day drop-in fee
\$250 per clinic
(Monday–Wednesday &
Wednesday–Friday)
\$500 for both clinics (Monday – Friday)

REGISTRATION

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



Clinic One

Monday–Wednesday

- Cross Training
- Strength Training
- Refining Pool Skills – sculling, eggbeater, basic techniques and more

Clinic Two

Wednesday–Friday

- Propulsion
- Agility Training for Routines

Both

- Flexibility
- Daily Seminars: goal setting, nutrition, team building, to name a few
- Low coach-to-swimmer ratio



Leah Pinette,
Head Coach



Eugenia Gillan,
Coach

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165 Haverhill Street
Andover, MA 01810
978-685-3541
mvyymca.org/anasynchro