



Speed Demons Summer Swim Program

with Coach Grace Trepasso

Tuesdays and Thursdays 9:00–11:00am
June 27th–August 17th

Week 1 (6/27,29): Dryland / X-training

Week 2 (7/4,6): Walls

Week 3 (7/11,13): Freestyle

Week 4 (7/18,20): Backstroke

Week 5 (7/25,27): Butterfly

Week 6 (8/1,3): Breaststroke

Week 7 (8/8,10): IM

Week 8 (8/15,17): Sprint / Race

This 8-week technique development program will introduce swimmers to new drills, techniques, and swimming strategies, and is designed for swimmers who are proficient in all four strokes and are looking to become more competitive in all swimming events.

Fulton Y members: \$100

Non-members: \$150

Multi-swimmer discount: \$25 off each additional swimmer

Minimum 15 swimmers, maximum 25.

Completed registration forms and fees must be submitted to the Fulton Family YMCA by June 1st.

*This program meets at the Granby Pool, 400 W 7th Street.



For more information call Brea Goss at 315.598.9622 or email bgoss@fultonfamilyymca.org