

# FITTER & FASTER



WORLD'S #1 SWIM CAMPS

## ***FAST STARTS, TURNS, UNDERWATERS & MORE*** ***SWIM CAMP***

**SEPTEMBER 28 & 29**

**DAY 1 (SATURDAY, SEPTEMBER 28):**  
STARTS, UNDERWATERS & BREAKOUTS

**DAY 2 (SUNDAY, SEPTEMBER 29):**  
FLIP TURNS, OPEN TURNS & FINISHES

**SCAN HERE!**



**@GREAT BRIDGE SWIM AND RACQUET CLUB**