

# Island Swim Academy

## ANNUAL SPRING STROKE TECHNIQUE CLINIC (also focusing on Starts & the fundamentals of all Turns & Finishes)

Island Swim Academy is led by **Matt McGrane, Head Coach at Manhasset High School** & **Sean Tedesco, Head College Swimming Coach** along with a staff of experienced, knowledgeable and caring swim coaches.

**WHO:** Any swimmer age 8 and older with previous swimming experience  
Younger swimmers will be accepted on an individual basis **and must be able to swim a lap of freestyle and backstroke/breaststroke (please email us before registration)**

**WHEN:** Sunday, March 3 through Sunday, June 9 (12 Sunday sessions)

<b>TIMES:</b>	<u>Dates</u>	<u>Session 1</u>	<u>Session 2</u>	<u>Pool</u>
	March 3	9:00am-10:00am	10:00am-11:00am	Main
	March 10 & 17	10:30am-11:30am	11:30am-12:30pm	Freedom
	March 24	9:00am-10:00am	10:00am-11:00am	Main
	April 7	9:00am-10:00am	10:00am-11:00am	Main
	April 14	12:30pm-1:30pm	1:30pm-2:30pm	Main
	April 28	10:30am-11:30am	11:30am-12:30pm	Freedom
	May 5	2:00pm-3:00pm	3:00pm-4:00pm	Main
	May 12	10:30am-11:30am	11:30am-12:30pm	Main
	May 19	4:00pm-5:00pm	5:00pm-6:00pm	Main
	June 2 & 9	10:30am-11:30am	11:30am-12:30pm	Main

**NO CLINIC ON SUNDAYS; MARCH 31, APRIL 21 & MAY 26**

\*\*\*All Pool dates and times are subject to change

\*\*\*The session you choose will remain the same regardless of the start time.

**WHERE:** Nassau County Aquatic Center, Eisenhower Park, East Meadow, NY

**COST:** \$450.00 and must have a pair of swimming fins.

\*\*\*Included in your \$450 will be a \$25 non-refundable processing fee.

## REGISTRATION BEGINS NOW!

1. Fill out the registration form at [www.islandswimacademy.com/registration/](http://www.islandswimacademy.com/registration/)
2. After you fill out the form; please click on the link to finalize payment

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