

# Island Swim Academy

## ANNUAL FALL 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 aged 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, September 8 through Sunday, November 24 (12 Sunday sessions)

| <b>TIMES:</b> | <u>Dates</u>         | <u>Session 1</u> | <u>Session 2</u> | <u>Pool</u> |
|---------------|----------------------|------------------|------------------|-------------|
|               | September 8, 15 & 22 | 10:30am-11:30am  | 11:30am-12:30pm  | Main        |
|               | September 29         | 1:00pm-2:00pm    | 2:00pm-3:00pm    | Main        |
|               | October 6 & 13       | 10:30am-11:30am  | 11:30am-12:30pm  | Main        |
|               | October 20           | 10:30am-11:30am  | 11:30am-12:30pm  | Freedom     |
|               | October 27           | 10:30am-11:30am  | 11:30am-12:30pm  | Main        |
|               | November 3           | 10:00am-11:00am  | 11:00am-12:00pm  | Main        |
|               | November 10          | 10:00am-11:00am  | 11:00am-12:00pm  | Main        |
|               | November 17          | 10:30am-11:30am  | 11:30am-12:30pm  | Main        |
|               | November 24          | 10:00am-11:00am  | 11:00am-12:00pm  | Main        |

\*\*\*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 \$30 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

Island Swim Academy P.O. Box 7162, Garden City, NY 11530  
516-578-7017, [islandswimacademy@hotmail.com](mailto:islandswimacademy@hotmail.com)