

Island Swim Academy

ANNUAL FALL STROKE TECHNIQUE CLINIC (also focusing on the fundamentals of all Starts, 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 13 through Sunday, November 29 (**12 Sunday sessions**)

TIMES:	<u>Dates</u>	<u>Session 1</u>	<u>Session 2</u>	<u>Pool</u>
	September 13 & 20	10:30am-11:30am	11:30am-12:30pm	Main
	September 27	3:00pm-4:00pm	4:00pm-5:00pm	Main
	October 4	10:30am-11:30am	11:30am-12:30pm	Freedom
	October 11 & 18	10:30am-11:30am	11:30am-12:30pm	Main
	October 25	10:30am-11:30am	11:30am-12:30pm	Freedom
	November 1 & 8	10:00am-11:00am	11:00am-12:00pm	Main
	November 15	10:30am-11:30am	11:30am-12:30pm	Freedom
	November 22	9:00am-10:00am	10:00am-11:00pm	Main
	November 29	10:30am-11:30am	11:30am-12:30pm	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: \$460.00 and must have a pair of swimming fins.

***Included in your \$460 will be a \$30 non-refundable processing fee.

REGISTRATION BEGINS NOW!

1. Fill out the registration form at 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
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