

# Island Swim Academy

## ANNUAL SPRING 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, March 1 through Sunday, May 31 (12 Sunday sessions)

<b>TIMES:</b>	<u>Dates</u>	<u>Session 1</u>	<u>Session 2</u>	<u>Pool</u>
	March 1 & 8	9:00am-10:00am	10:00am-11:00am	Main
	March 15 & 22	10:30am-11:30am	11:30am-12:30pm	Freedom
	March 29	9:00am-10:00am	10:00am-11:00am	Main
	April 12	9:00am-10:00am	10:00am-11:00am	Main
	April 19	12:30pm-1:30pm	1:30pm-2:30pm	Main
	April 26	10:30am-11:30am	11:30am-12:30pm	Main
	May 3	2:00pm-3:00pm	3:00pm-4:00pm	Main
	May 10, 17 & 31	10:30am-11:30am	11:30am-12:30pm	Main

**NO CLINIC - APRIL 5 & MAY 24**

\*\*\*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/](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)