



## Learn Skills for Life!

**Get Ready Get Wet:** Build comfort and confidence in preparation for actual swim instruction. (30 Minutes)

The class introduces new swimmers to the water. Children as young as 3 years old can participate if an adult family member joins them in the water.

**Learn to Swim:** Learn proper breathing and streamlining techniques, freestyle and backstroke. (1 Hour)

Learn to swim advanced class teaches freestyle and backstroke.

**Stroke Enhancement Program:** Learn skills in preparation for joining a competitive team. (1.5-2 Hours)

For swimmers who have good freestyle and backstroke but want to learn breaststroke, butterfly, starts and turns.

**Competitive Program:** Improve speed and stamina across all events. (2 Hours)

For swimmers who are already on a swim team but needs to refine their technique. The class is appropriate for triathletes, competitive swimmers, and water sport clinic participants.

**Adaptive Program:** Drowning is the leading cause of death for children with autism. But it doesn't have to be. Swim Strong provides water safety education and teaches the swimming skills that will help your child be safe, effective and confident in the water. [Reach out through the contact us tab to discuss your child's specific need.](#)

Program	Classes	Time	Day	Dates	Price
<b>Flushing Meadow Aquatic Center, 131-04 Meridian Lane, Flushing NY 11368</b>					
Competitive/Stroke Enhancement	8	7:30-9:30pm	Tuesday	1/5-2/23	\$240
Competitive/Stroke Enhancement	9	9:00-11:00am	Saturday	1/2-2/27	\$270
<b>Richmond Hill HS, 89-30 114 Street, Richmond Hill NY 11418 No class on 1/18/2016 and no make up.</b>					
Get Ready Get Wet	8	7:00-9:00pm	Monday	1/4-2/29	\$120
Learn to Swim and Developmental	8	7:00-9:00pm	Monday	1/4-2/29	\$240
<b>Far Rockaway HS, 8-21 B25 St. Far Rockaway NY 11361</b>					
Get Ready Get Wet	9	11:00-1:00pm	Saturday	1/2-2/27	\$135
Learn to Swim and Developmental	9	11:00-1:00pm	Saturday	1/2-2/27	\$270
<b>Brooklyn Sports Club, 1540 Van Siclen Avenue, Brooklyn NY 11239</b>					
Get Ready Get Wet	8	5:00-6:00pm	Thursday	1/7-2/25	\$120
Learn to Swim and Developmental	8	6:00-7:00pm	Thursday	1/7-2/25	\$240
Competitive/Stroke Enhancement	8	7:00-9:00pm	Thursday	1/7-2/25	\$240
<b>James Madison High School, 3787 Bedford Ave, Brooklyn NY 11229</b>					
Stroke Enhancement	9	12:00 -2:00pm	Saturday	1/2-2/27	\$270
Get Ready Get Wet	9	12:00-1:00pm	Saturday	1/2-2/27	\$135
Learn to Swim and Developmental	9	12:00-1:00pm	Saturday	1/2-2/27	\$270
<b>Manhattan, 321 East 111<sup>th</sup> Street, New York, NY 10029 No classes on 1/17/2016 &amp; 2/14/2016, no make up.</b>					
Get Ready Get Wet	6	12:00-2:00pm	Sunday	1/10-2/28	\$90
Learn to Swim and Developmental	6	12:00-2:00pm	Sunday	1/10-2/28	\$180
Competitive/Stroke Enhancement	6	12:00-2:00pm	Sunday	1/10-2/28	\$180

\*We are at the pool during times noted above; you will be notified of your class time after assessment.