

SWIM STRONG 2017 March/April Classes Schedule



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
Bushwick High School, 400 Irving Ave, Brooklyn, NY 11237				4/10 & 4/17 No Class	
Get Ready Get Wet	6	6:00-8:00pm	Monday	3/6-4/24	\$90
Learn to Swim and Developmental	6	6:00-8:00pm	Monday	3/6-4/24	\$180
Competitive/Stroke Enhancement	6	6:00-8:00pm	Monday	3/6-4/24	\$180
Flushing Meadow Aquatic Center, 131-04 Meridian Lane, Flushing NY 11368					
Competitive/Stroke Enhancement	8	7:30-9:30pm	Tuesday	3/7-4/25	\$240
Competitive/Stroke Enhancement	9	9:00-11:00am	Saturday	3/4-4/29	\$270
JAMAICA HIGH SCHOOL, 168-01 Gothic Drive, Jamaica, NY 11432				4/12 No Class	
Get Ready Get Wet	8	7:30-9:30pm	Wednesday	3/1-4/26	\$120
Learn to Swim and Developmental	8	7:30-9:30pm	Wednesday	3/1-4/26	\$240
Brooklyn Sports Club, 1540 Van Sicken Avenue, Brooklyn NY 11239					
Get Ready Get Wet	9	5:00-6:00pm	Thursday	3/2-4/27	\$135
Learn to Swim and Developmental	9	6:00-7:00pm	Thursday	3/2-4/27	\$270
Competitive/Stroke Enhancement	9	7:00-9:00pm	Thursday	3/2-4/27	\$270
Far Rockaway HS, 8-21 B25 St. Far Rockaway NY 11361				4/15 No Class	
Get Ready Get Wet	8	11:00-1:00pm	Saturday	3/4-4/29	\$120
Learn to Swim and Developmental	8	11:00-1:00pm	Saturday	3/4-4/29	\$240
Manhattan -Boys Club of NY, 287 E 10th St, New York, NY 10009				4/16 No Class	
Get Ready Get Wet	8	11:00-1:00pm	Sunday	3/5-4/30	\$120
Learn to Swim and Developmental	8	11:00-1:00pm	Sunday	3/5-4/30	\$240
Competitive/Stroke Enhancement	8	11:00-1:00pm	Sunday	3/5-4/30	\$240

For more information visit www.swimstrongfoundation.org
 Register for your class here: <http://swimstrongfoundation.org/classes/>
 Need financial help? <http://swimstrongfoundation.org/apply-for-a-scholarship/>