

LONG ISLAND SWIM SCHOOL

750 F. Stewart Ave Garden City, NY 11530
www.longislandswimschool.com (516) 378-8467

Spring 1 2022

February 7

- April 14

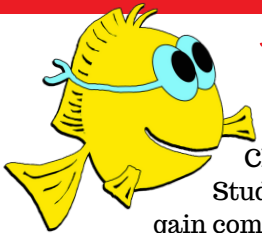
10 Classes M/T/W/Th

9 Classes F/Sa/Su

Long Island Swim School is committed to maintaining a safe and positive environment for children to learn to swim. We teach a skills-based curriculum in a comfortable and relaxed environment. We encourage all students to love the water and swim for life. Class sizes are limited! Book your classes in advance to ensure you don't miss out!

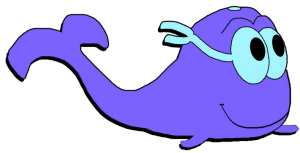
LEARN TO SWIM CLASSES

For children ages 2-15 years who cannot yet complete 25 yards of each stroke.



Toddler Lessons

For children ages 22 - 36 months.
Children will swim 1:1 with an instructor.
Students will learn basic skills to help them gain comfort, confidence, and safety in the pool.



Learn to Swim classes are 30 minutes each

Group Lessons

For children 3 - 10 years of age.
Children are placed in groups based on age and ability at their first lesson. Instructors will work with students to improve individual skills in a group environment.



Young Adult Lessons

For children 11-15 years of age. Instructors will work with students to improve individual skills in a group environment. This class has limited availability. 1:3 ratio.

Beginner Stroke Clinic

For children ages 10 & under graduating from Lane 4 of the Long Island Swim School Learn to Swim program, or by placement through staff evaluation.

Stroke Clinic

For children ages 10 & under currently enrolled in Stroke Clinic, those graduating from Beginner Stroke Clinic, or by placement through staff evaluation.

Young Adult Stroke Clinic

For children ages 11 - 15 currently enrolled in Stroke Clinic, or by placement through staff evaluation.

STROKE CLINIC CLASSES

For children ages 6 - 15 years, as evaluated by our staff. 1:12 ratio



STROKE CLINIC

Swimmers build technique and endurance as well as develop skills to participate in a swimming workout with similar aged peers. Classes are 30 minutes each.



LEARN TO SWIM

Swim for Life

GARDEN CITY

Spring 1 2022

February 7 - April 14

Group Lessons

Ages 3 - 10 years, 30 minutes, 1:3 ratio

10 Classes: \$280 9 Classes: \$252

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 3:30	10:00 3:30	10:00 3:30	10:00 3:30	10:00 3:30	9:10 11:10	9:10 11:10
11:10 4:10	11:10 4:10	11:10 4:10	11:10 4:10	11:10 4:10	9:50 11:50	9:50 11:50
1:00 4:50	1:00 4:50	1:00 4:50	1:00 4:50	1:00 4:50	10:30 12:30	10:30 12:30
1:35 5:30	1:35 5:30	1:35 5:30	1:35 5:30	1:35 5:30		
2:10 6:10	2:10	2:10 6:10	2:10	2:10 6:10		

Toddler Lessons

Ages 22 mos. - 36 mos.,
30 minutes, 1:1 ratio

10 Classes: \$430 9 Classes: \$387

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 1:00	10:00 1:00	10:00 1:00	10:00 1:00	10:00 1:00	9:10	9:10 11:50
10:35 1:35	10:35 1:35	10:35 1:35	10:35 1:35	10:35 1:35	9:50	9:50 12:30
11:10 4:10	11:10 4:10	11:10 4:10	11:10 4:10	11:10	10:30	10:30
11:45 4:50	11:45	11:45 4:50	11:45	11:45	11:10	11:10

Stroke Clinic

By Staff Evaluation Only
10 Classes: \$260 9 Classes \$234

Beginner SC		Stroke Clinic	
Ages 6 - 10 years, 30 minutes, 1:12 ratio		Ages 6 - 10 years, 30 minutes, 1:12 ratio	
Monday	6:10	Monday	6:50
Tuesday	5:30	Tuesday	3:30
Wednesday	6:10	Wednesday	6:50
Thursday	5:30	Thursday	3:30
Friday	3:30	Friday	6:50
Saturday	8:30	Saturday	8:30
		Sunday	8:30

Young Adult SC	
Ages 11 - 15 years, 30 minutes, 1:12 ratio	
Monday	6:50
Friday	6:50
Sunday	8:30



Young Adult Lessons

11 - 15 years

10 Classes: \$280 9 Classes \$ 252			
30 minutes, 1:3 ratio			
Monday	5:30	Thursday	4:50
Tuesday	4:50	Friday	6:10
Wednesday	5:30		

REGISTER ONLINE

Currently Enrolled Families 1/18 @ 12:00 pm

Returning Families 1/19 @ 12:00 pm

New Families 1/20 @ 12:00 pm

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