

LONG ISLAND SWIM SCHOOL

170 Michael Drive Syosset, NY 11791
www.longislandswimschool.com (516) 378-8467

Spring 1 2023

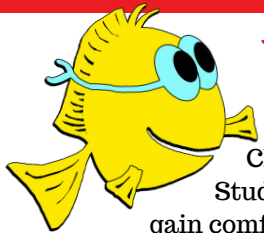
February 27 -
April 23

8 Classes M/T/W/Th
7 Classes F/Sa/Su
(No Class 4/7 - 4/9)

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!

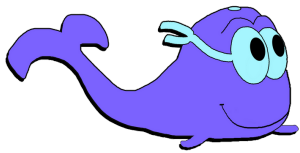
LEARN TO SWIM CLASSES

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.



STROKE CLINIC CLASSES

For children ages 6 - 14 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.

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 - 14 currently enrolled in Stroke Clinic, or by placement through staff evaluation.



LEARN TO SWIM

Swim for Life

SYOSSET *Spring 1 2023*

February 27 - April 23 (No Class 4/7 - 4/9)

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

8 Classes: \$256 7 Classes: \$227

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 3:30	10:35 3:30	10:00 3:30	10:35 3:30	11:10 3:30	8:30 10:50	8:30 10:50
11:10 4:05	11:45 4:05	11:10 4:05	11:45 4:05	1:00 4:05	9:05 11:30	9:05 11:30
1:00 4:40	1:35 4:40	1:00 4:40	1:35 4:40	2:10 4:40	9:40 12:05	9:40 12:05
2:10 5:15	2:10 5:15	2:10 5:15	2:10 5:15	5:15	10:15 12:40	10:15 12:40
5:50	5:50	5:50	5:50	5:50		
6:25	6:25	6:25	6:25	6:25		

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

8 Classes: \$376 7 Classes: \$329

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	8:30 10:50	8:30 10:50
10:35 1:35	10:35 1:35	10:35 1:35	10:35 1:35	10:35 1:35	9:05 11:30	9:05 11:30
11:10 2:10	11:10 2:10	11:10 2:10	11:10 2:10	11:10 2:10	9:40 12:05	9:40 12:05
11:45	11:45	11:45	11:45	11:45	10:15	10:15

Stroke Clinic By Staff Evaluation Only 8 classes: \$240 7 Classes: \$210

Young Adult Lessons

Beginner SC Ages 6 - 10 years, 30 minutes, 1:12 ratio

Stroke Clinic Ages 6 - 10 years, 30 minutes, 1:12 ratio

11 - 14 years 30 minutes, 1:3 ratio 8 Classes: \$2560 7 Classes: \$227

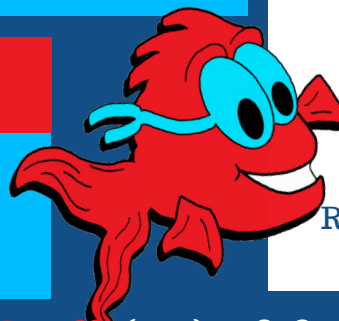
Monday	5:15
Tuesday	3:30 4:05
Wednesday	5:15
Friday	4:05 5:15
Saturday	8:30 9:05 10:15
	10:50
Sunday	8:30 10:50

Monday	4:05 4:40 5:50
Tuesday	3:30 4:05
Wednesday	4:05 4:40 5:50
Thursday	4:05
Friday	4:40 5:50
Saturday	8:30 9:40 10:15 10:50
Sunday	9:05 10:15

Monday	5:15	Friday	5:15
Tuesday	6:25	Saturday	12:40
Thursday	6:25		

Young Adult SC Ages 11 - 14 years, 30 minutes, 1:12 ratio

Monday	4:40 6:25	Friday	4:40 6:25
Wednesday	4:40 5:50	Saturday	9:40 11:25
Thursday	4:05	Sunday	9:40 11:25



REGISTER ONLINE

Currently Enrolled Families
2/7 @ 12:00 pm
Returning Families 2/8 @ 12:00 pm
New Families 2/9 @ 12:00 pm

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A \$20 Registration / Insurance fee will be collected for each student once per year beginning with the Summer Session. This fee is due at the time of enrollment and is non refundable. Not feeling well? We will do our best to accommodate make up lessons for illness. Please carefully read the make up policies prior to registration.