

DON'T MISS YOUR OPPORTUNITY TO TRAIN WITH THE BEST

LONG ISLAND AQUATIC CLUB

THE ONLY **GOLD MEDAL PODIUM CLUB** IN THE METROPOLITAN REGION

UPCOMING TRYOUTS

TRYOUT FOR THE COMPETITIVE TEAM



@ LIAC's Freedom Pool (Auxilliary pool
at the Nassau County Aquatic Center)
MONDAY AUGUST 7th @ 5:30-7:30 pm
TUESDAY AUGUST 8TH @ 5:30-7:00 pm
WEDNESDAY AUGUST 9TH @ 12:00-2:00 pm
TUESDAY AUGUST 29TH @ 5:30-7:00 pm
(Register using link below)

Now offered just steps from the sand in Long Beach!
Swimmers interested in this program may attend any of
the Freedom Pool tryouts, OR
TRYOUT @ the Long Beach REC
MONDAY AUGUST 28TH @ 4:30 - 6 pm
(drop-ins are welcome at this tryout, no registration necessary)

TRYOUT FOR STROKE CLINIC



@ Long Island Swim School - GC
(750 F. Stewart Ave Garden City, NY 11530)
MONDAY AUGUST 14TH 1:00 - 2:00PM
(Register using link below)

@ Long Island Swim School - SY
(170 Michael Drive Syosset, NY 11791)
MONDAY AUGUST 14TH 6:30 - 7:30 PM
WEDNESDAY AUGUST 16TH 6:30 - 7:30 PM
(Register using link below)

TRYOUT FOR NARWHALS (8 & U)



The Narwhals are a developmental
level of Long Island Aquatic Club for
children ages 8 & Under. Swimmers at
this level learn to train and compete in
a relaxed environment.

Swimmers interested in this program may
attend any of the tryouts at the Freedom Pool
or Garden City & Syosset Locations. (Register
using link below)

Our nationally ranked team LIAC is the only team on Long Island to finish among the top 20 in the nation for the past 5 consecutive years. Our swimmers are regularly ranked among the top in the nation. Swimmers will be offered spots in the program based on their ability to demonstrate technique, endurance, and speed as compared to similar aged peers. Swimmers who do not yet qualify for the competitive team may be invited to enroll in our Stroke Clinic program.

The Stroke Clinic serves as a bridge between swim lessons and swim team. Many swimmers who participate in seasonal recreational teams, participate in our stroke clinics throughout the year to help improve technique while building endurance in practices geared towards their age and ability.

The tryout is open to swimmers who can swim 50 yards continuously and can complete at least 25 yards of each stroke: Freestyle, Backstroke, Butterfly, Breaststroke. If your child cannot do both, do NOT attend the tryout. Please register for our learn to swim classes instead. www.longislandswimschool.com

A \$20.00 non-refundable fee will be collected to hold your spot in the tryout. Swimmers interested in training at our Long Beach location may only attend the tryout at the Freedom Pool or at the LB Rec.

