

Long Island Swim School

750 F STEWART AVENUE

GARDEN CITY, NY

516-378-8467

Summer 2011 Extended Day Stroke Clinic



Why Long Island Swim School?

At Long Island Swim School children are taught their strokes right the first time. The small group environment makes swimming easy and fun. Our learning sequences are geared towards small logical progressions that allow the whole stroke to be developed.

Since its inception in 1979, Long Island Swimming has provided swim lessons for thousands of children throughout Nassau County and Long Island. Our program is under the direction of USA Swimming national level coaches Ginny Nussbaum and Dave Ferris. They are considered two of the top swimming coaches in the world. As top level coaches they know what works and they know how to teach it.

Long Island Swim School has programs to take your child from learn to swim into swim for life.

What will swimmers learn?

Swimmers in the Extended Day Stroke Clinic will have the opportunity to work on technique and drills to refine the 4 competitive strokes, Freestyle, Backstroke, Breaststroke, and Butterfly.

Swimmers will start their afternoon with a lesson to review the kick and swim

associated with all 4 strokes. Our coaches will guide the swimmers to improve their technique and endurance through a series of small sets and drills. The group will take a break from the water to practice swimming related dryland stretches and exercises that are used by both novice and olympic swimmers alike to develop both flexibility and strength. Our coaches will use a video presentation to demonstrate the correct form and technique all developing swimmers should strive for. Each afternoon the swimmers will hop back in the water to work on the "Stroke of the Day" and try to replicate what they learned in the video. The swimmers will finish out the day with some free play time in the pool.

How do I know if my child is eligible?

The extended day stroke clinic is geared towards children who already have some experience with each of the

4 competitive strokes. Whether as a part of Long Island Aquatic Club's

2011 Summer Sessions

Extended Day I: 8 days June 27 – July 8

Due to the 4th of July holiday, this session will meet Mon. June 27 – Thurs. June 30 and Tue. July 5 – Fri. July 8.

Extended Day II: 8 days Mon. – Thurs. July 11 – July 21. – No Friday classes.

All sessions are 1:00pm – 3:30pm

The cost for Summer 2011 is \$320 per child

white, red, or blue stroke clinics, or as a member of a CYO or Recreational league swim team all swimmers will be asked to complete 25 yards of each stroke and a 100 individual medley (4 laps continuous). Please email us at longislandswimschool@gmail.com to set up an evaluation.

Visit our location at 750 Stewart Ave.
Garden City, NY 11530
REAR ENTRANCE BEHIND ETHAN ALLEN



For more information about our programs and how to register visit our website

www.longislandswimming.com