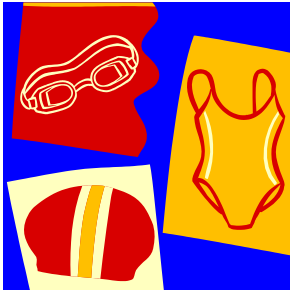




Long Island Swimming invites you to join us at our TRYOUTS!

WHEN: Wednesday, November 9th & Thursday, November 10th; 6:30 pm check-in, 6:45 pm start
Tryouts are on a first come, first serve basis.

WHERE: Evaluations will take place at our lesson pool at 750 F Stewart Avenue in Garden City. The pool is located at the rear entrance of the Ethan Allen building. Pull into the parking lot for Ethan Allen and drive to the back of the building. The pool entrance is on your left.



BE PREPARED: Swimmers will be asked to complete one lap each of freestyle, backstroke, breaststroke, and butterfly. Advanced swimmers may be timed for 50 and/or 100 yards. Swimmers should come prepared with a bathing suit, towel, and goggles. Girls should have their hair tied back or wear a swim cap.

ABOUT US: Long Island Swimming offers programs for swimmers beginner through Olympian. Our stroke clinics provide comprehensive stroke instruction in a small group teaching environment to help swimmers perfect their technique in the 4 competitive strokes.

Our competitive team, Long Island Aquatic Club is the top USA Swimming Team in the Long Island/Metropolitan area and is consistently ranked among the top teams in the nation. In the 2010-2011 season, our swimmers won the Buffalo Star Invitational, the NJ Cerave Invitational, the NJ Berkley Invitational, both the short course (winter) and long course (summer) Junior Olympics, Senior Metropolitan Championships, and the men's Junior National title. Come be a part of our world class program to reach your ultimate swimming potential!

For more information about our programs, visit our website: www.longislandswimming.com