

Long Island Aquatic Club

SWIM *with the* BEST



www.longislandswimming.com

2015 Tryout Info

When: August 17th, 18th and 19th
1:30 – 3:00pm
September 2nd and 3rd
4:30 – 7:30pm

Where: At the Long Island Swim School
750 F. Stewart Ave.
Garden City, NY 11530 –
a rear entrance to the
Ethan Allen Building

What to be prepared for: Swimmers should come prepared with goggles and will be asked to complete at least 25 yards of each stroke.



Long Island Aquatic Club

The premier swim team on Long Island

Long Island Aquatic Club is consistently ranked one of the top 20 teams in USA Swimming's National Virtual Club Championships. Our teams have won Junior National, Sectional, Senior Metropolitan, and Junior Olympic titles. Since 1996 LIAC has produced 21 United States Olympic Trials qualifiers including eight in 2012, the most of any Metropolitan team.

Long Island Aquatic Club coaches are friendly and professional. Swimmers at every level benefit from quality instruction and stroke analysis by certified coaches.

LIAC prides itself on developing the whole swimmer. While not every LIAC swimmer will become a World Record holder, everyone benefits from their Long Island Aquatic Club experience.



Why swim year round?

Swimming teaches student-athletes important life skills such as time management, self-discipline, and sportsmanship. Swimmers learn to set realistic goals and work towards achieving them. The personal satisfaction, self confidence, and pride derived from this process is priceless.