

# SYOSSET *Fall 2024*

September 4 - November 26, 2024

## Group Lessons Ages 3 - 10 years, 30 minutes, 1:4 ratio

12 Classes: \$408

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

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

12 Classes: \$588

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 1:00	10:00 1:00	10:00 1:35	10:00 1:35	10:00 1:00	8:30 10:50	8:30 10:50
10:35 2:10	10:35 1:35	10:35 2:10	10:35 2:10	10:35 1:35	9:05 11:30	9:05 11:30
11:10	11:10 2:10	11:10	11:10	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  
12 Classes: \$384

## Young Adult Lessons

**Beginner SC**  
Ages 6 - 10 years, 40 minutes, 1:12 ratio

**Stroke Clinic**  
Ages 6 - 10 years, 40 minutes, 1:12 ratio

11 - 14 years  
30 minutes, 1:4 ratio  
12 Classes \$408

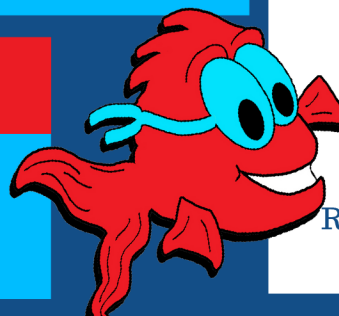
Monday	4:45 6:15
Tuesday	4:00
Wednesday	4:00 5:30
Thursday	4:45
Friday	4:00 5:30
Saturday	8:30 10:00
Sunday	8:30 10:00

Monday	4:00 5:30
Tuesday	4:00 4:45
Wednesday	4:00 4:45 6:15
Thursday	4:00
Friday	4:45 6:15
Saturday	8:30 9:15 10:45
Sunday	8:30 9:15 10:45

Monday	5:15	Friday	5:15
Tuesday	5:50	Saturday	12:40
Wednesday	5:15	Sunday	12:40
Thursday	6:25		

**Young Adult SC**  
Ages 11 - 14 years, 40 minutes, 1:12 ratio

Monday	4:00 5:30	Friday	4:45 6:15
Tuesday	4:45	Saturday	9:15 11:30
Wednesday	4:45 6:15	Sunday	9:15 11:30
Thursday	4:00		



# REGISTER ONLINE

Currently Enrolled Families  
8/5 @ 12:00 pm  
Returning Families 8/6 @ 12:00 pm  
New Families 8/7 @ 12:00 pm

**LONGISLANDSWIMSCHOOL.COM** (516) 378-8467

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.

# LONG ISLAND SWIM SCHOOL

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

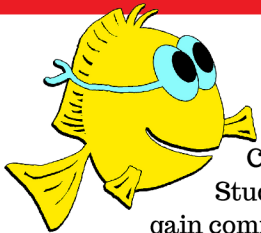
## Fall 2024

September 4 -  
November 26  
12 classes

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!

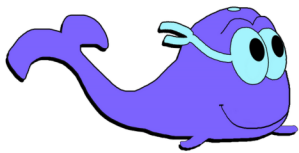
## LEARN TO SWIM CLASSES

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.



## STROKE CLINIC CLASSES

For children ages 6 - 14 years, as evaluated by our staff. 1:12 ratio



Swimmers build technique and endurance as well as develop skills to participate in a swimming workout with similar aged peers. Classes are 40 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