

# SWIM STRONG FOUNDATION

## September-October 2015 Session Registration

For More info: [www.SwimStrongFoundation.org/classes](http://www.SwimStrongFoundation.org/classes)

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### Flushing Meadows Aquatic Center

131-04 Meridian Lane  
Flushing, NY 11368

		Competitive & Stroke		
Enhancement	Sat.	9/12-10/31	9:00 to	
		11:00 AM		<a href="#">View</a>
		Competitive & Stroke		
Enhancement	Tue.	9/1-10/27	7:30 to	
		9:30 PM		<a href="#">View</a>

### Richmond Hill HS

		89-30 114 Street,		
Richmond Hill, NY 11418	Get Ready Get Wet	Mon.	9/12-10/26	7:00 to
		9:00 PM		<a href="#">View</a>
	Learn to Swim	Mon.	9/12-10/26	7:00 to
		9:00 PM		<a href="#">View</a>

### Get Ready Get Wet

A 30 minute program introducing new swimmers to the water so they become comfortable; gain confidence; learn to move in the water and become ready to take actual swim instruction.

### Learn to Swim

Suitable for individuals who are comfortable in the water, but have had no swimming lessons. Children must be mature 5 years or older, able to take direction from an instructor, and be independent from their parents; they must be able to stand in 4.5 feet of water. Swimmers will learn proper breathing and streamlining techniques.

### Competitive & Stroke Enhancement

For swimmers already on a swim team who need refinement of technique to help them bring their speed down across all the events. Also appropriate for Triathletes to improve swimming skills. These swimmers will also have the chance to participate in competitions and other water sport clinics.