

# SWIM STRONG 2020 Mar.-Apr. Classes Schedule



## ALL PROGRAMS ARE FOR ADULTS AND YOUTH

**Get Ready Get Wet:** Build comfort and confidence in preparation for actual swim instruction. (30 Minutes)

The class introduces new swimmers to the water. Children as young as 3 years old can participate if an adult family member joins them in the water.

**Learn to Swim:** Learn proper breathing and streamlining techniques, freestyle and backstroke. (1 Hour)

Learn to swim advanced class teaches freestyle and backstroke.

**Stroke Enhancement Program:** Learn skills in preparation for joining a competitive team. (1-1.5 Hours)

For swimmers who have good freestyle and backstroke but want to learn breaststroke, butterfly, starts and turns.

**Competitive Program:** Improve speed and stamina across all events. (1.5-2 Hours)

For swimmers who are already on a swim team but needs to refine their technique. The class is appropriate for triathletes, competitive swimmers, and water sport clinic participants.

**Adaptive Program:** Drowning is the leading cause of death for children with autism. But it doesn't have to be. Swim Strong provides water safety education and teaches the swimming skills that will help your child be safe, effective and confident in the water. Reach out through the contact us tab to discuss your child's specific need.

Program	Classes	Time	Day	Dates	Price
<b>Variety Boys and Girls Club, 21-12 30<sup>th</sup> Rd, Long Island City, NY 11102</b>					
Get Ready Get Wet	9	7:00-7:30pm	Tuesday	03/03-04/28	\$203
Learn to Swim and Developmental	9	7:00-8:00pm	Tuesday	03/03-04/28	\$405
Competitive/Stroke Enhancement	9	7:00-9:00pm	Tuesday	03/03-04/28	\$405
<b>Medgar Evers, 1150 Carroll Street. Brooklyn. NY. 11225</b>					
Get Ready Get Wet	8	9:00am-9:30am	Saturday	03/07-04/25	\$180
Learn to Swim and Developmental	8	9:00am-10:00am	Saturday	03/07-04/25	\$360
Competitive/Stroke Enhancement	8	9:00am-11:00am	Saturday	03/07-04/25	\$360
<b>Jamaica High School, 168-01 Gothic Drive, Jamaica, NY 11432. (NO CLASS ON 04/15)</b>					
Get Ready Get Wet	8	7:00-7:30pm	Wednesday	03/04-04/29	\$180
Learn to Swim and Developmental	8	7:30-8.30pm	Wednesday	03/04-04/29	\$360
Competitive/Stroke Enhancement	8	7:00-9:00pm	Wednesday	03/04-04/29	\$360
<b>Bushwick High School, 400 Irving Ave, Brooklyn, NY 11237. (NO CLASS ON 04/13)</b>					
Get Ready Get Wet	8	5:00-5:30pm	Monday	03/02-04/27	\$180
Learn to Swim and Developmental	8	5:30-6:30pm	Monday	03/02-04/27	\$360
Competitive/Stroke Enhancement	8	5:00-7:00pm	Monday	03/02-04/27	\$360

**Note: James Madison High School and Far Rockaway High School pools are currently under renovation. Please check our website for class updates.**

This activity is not sponsored or endorsed by the NYC Department of Education or the City of New York.

For more information, visit [www.swimstrongfoundation.org](http://www.swimstrongfoundation.org)

Register for your class here: <https://www.swimstrongfoundation.org/shop/classes/>

Need financial help? <http://swimstrongfoundation.org/apply-for-a-scholarship/>