



VACATION DAY MONDAYS 2HR STROKE CLINICS

“FOCUS ON THE FINE POINTS”

WITH 2X TIME OLYMPIAN COACH MARICA STRAZMESTER

VETERAN’S DAY, MONDAY, NOVEMBER 11 - 4PM - 6PM, 2HRS, \$110.00

MARTIN LUTHER KING DAY, MONDAY, JANUARY 20 - 4PM - 6PM , 2HRS, \$110.00

EASTER MONDAY, MONDAY, APRIL 13 - 4PM - 6PM, 2HRS, \$110.00

LÉMAN SPRING BREAK STROKE CLINIC, MONDAY - FRIDAY, 9AM - 1PM

MARCH 16 - MARCH 20, 5 DAYS, 9AM - 1PM, \$600.00 OR \$150/DAY

Five Day Program: Monday - Free, Tue - Back, Wednesday - Breast, Thurs - Fly, Fri - IM

STROKE DRILLS, STARTS, TURNS & FINISHES

REFINE YOUR TECHNIQUE, BUILD YOUR ENDURANCE, GET FASTER & SMARTER!

ELIGIBILITY: Swimmers must have knowledge of basic swim strokes

What to Pack? Swimsuit, Goggles, Towel, Water Bottle

LÉMAN STROKE CLINIC REGISTRATION FORM:

Swimmer’s Name: _____

Age:_____ Grade: _____ Club Team Name:: _____

Parent’s Name: _____

Address:_____

Parent’s Email:_____

Parent’s Cell Phone: _____

REGISTRATION INFORMATION: Registration can be arranged by phone, email, snail mail or at the pool

___ Credit Card Number: _____ Exp Date: ____ / ____

___ Checks Enclosed - Payable to “Leman Manhattan Prep” **QUESTIONS & FOR MORE INFO: Vadim Shoykhet, Aquatics Director, aquatics@lemanmanhattan.org, 212-232-0266 X551**

Send registration to: Vadim Shoykhet, Leman Manhattan Prep, 1 Morris St, New York, NY 10004