

**PARENTS ONLY!**

# ADULT SWIM LESSONS



CONNETQUOT SWIM PROGRAM

**ALL LEVELS OF SWIMMERS WELCOME!**

TRAINING FOR BEGINNERS, INTERMEDIATE  
AND ADVANCED

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**WHEN: EVERY TUESDAY AND THURSDAY**

**TIME: 8PM-9:15PM**

**LOCATION:**

CONNETQUOT HIGH SCHOOL POOL:

190 7<sup>TH</sup> STREET, BOHEMIA, NY 11716

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**Come join us at Connetquot High School on Tuesday and Thursday Evenings from 8pm-9:15pm and be part of one of the best Adult Masters Swim Programs offered on Long Island!**

Whether you are a beginner interested in learning how to swim, want a great workout or are looking to improve your speed and efficiency in the water, our swim program has a proven track record to ensure you will be successful. Our coaches are experienced, friendly and are prepared to help you achieve your goals.

Contact Coach Bryan to get started @ 516-356-5306.

APPROVED *TDA*