



SWIM LESSONS AGES 5 AND UP

And

COMPETITIVE SWIM TEAM TRYOUTS

Tryout for the team & evaluations for lessons will be:

WHERE: Connetquot High School (pool area)

ADDRESS: 190 7th Avenue, Bohemia, NY 11716

DATE: *Saturday September 21st 2019*

TIME: 10:00 am

CONTACT: For Competitive team tryouts:

Head Coach Alex @ Coach24@optonline.net

SWIM LESSONS- Coach Olivia: Olivia.csdsc@gmail.com

(please bring suit and goggles)

About Us!

The Connetquot Swim Club is a competitive swim team that provides high-quality professional coaching, training and competitive opportunities year round for swimmers of all abilities to reach their individual and team goals. The goal of our coaching staff is to provide every member an opportunity to improve swimming skills and achieve success at his/her level of ability, from novice to international competitor. In addition, Our team provides an enjoyable environment to build sportsmanship, character, skills, friendships and health.

Each of our coaches are members of the American Swim Coaches Association, and have access to the most comprehensive training and certification program for youth coaches of any sport in the United States.

We are constantly growing and training young swimmers to maintain a well-rounded competitive swim team. If you would like to join our team, please see our location and contact information on this flyer!

**Learn important
life skills**

**Healthy and safe
form of exercise**

**Sport to participate
in for a lifetime**

**Build lifelong
friendships**

**Less occurrence of
injury compared to
other sports**

Fun!

**CONNETQUOT
SWIM CLUB**

PO Box 22

Bohemia, NY 11716

www.cscswimming.org

Head Coach Alex Scichilone
coach24@optonline.net

APPROVED

A handwritten signature in black ink, appearing to be "Alex", is written in the bottom right corner of the page.