



**PHYSIQUE SWIMMING AQUATICS
QUAD MANHATTAN AFTER SCHOOL SWIM
INSTRUCTIONAL SWIMMING AT SEAHORSE AQUATIC CLUB, 69 COLUMBIA ST.**

We are excited to announce our new Quad Manhattan After School Swim program at the Pine Street School located in the heart of Financial District at 25 Pine Street. Our aquatics program is offered once a week on Wednesdays with instructional swim at Seahorse Aquatics located in Lower East Side at 68 Columbia St. Students are bused once a week for 50min of instructional swim.

Our specialized After School Swim Program offers superior instructional swimming by providing individual attention in small group classes which allow for students to learn at any ability and level. Aquatic instruction is customized on your child's swimming goals and needs. We teach all swimming fundamentals and safety to all beginner swimmers and provide stroke clinic analysis to our most advanced swimmers.

The pool at Seahorse features 5 lanes, 25 yards, starting blocks, 3.5 feet shallow in the shallow end and 10 feet deep in the deep end. It is the perfect pool for our beginner and advanced swimmers.

2016 Fall After School Session Dates:

Wednesday Once a Week Swim Program

Group Lessons: September 19 - February 3 (17 classes, 2x a week, 1hr, \$1360.00)

Private Lessons: September 19 - February 3 (17 classes, 2x a week, 1hr, \$1700.00)

Physique Swim Lesson Levels

Beginner 1: Water Exploration
Beginner 2: Primary Skills
Advanced 1: Stroke Readiness
Advanced 2: Stroke Development
Swim Team Prep Skill Proficiency

Wednesday Swim Schedule

3:00 pm: Students are greeted at dismissal with a light snack
3:15 pm: Take the bus To Seahorse Aquatic Club
3:30 pm - 4:30 pm: Instructional Swim for 1hr
5:15 pm: Return back to Pine St School
5:30 pm: Students are dismissed from After School

Registration for Physique Quad Manhattan After School Swim Program can be arranged online, by credit card over the phone at (212) 725 - 0939 or by sending the registration form to 120 East 23rd St, 5th Fl, New York, NY 10010. Please make all payments to 'Physique Swimming.'

Physique Swim School Registration Form. Please, fill out it completely.

Student's Name	Age	Level	Dates	Time
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
Parents' Name _____ / _____				
Phone(C) _____	Phone(H) _____			
Address _____	City _____		ZipCode _____	
E-Mail Address _____ / _____				
Credit Card: _____			Exp Date: _____	