



PHYSIQUE SWIMMING @LEMAN MANHATTAN PREP
UPPER SCHOOL
(1 Morris St New York, NY 10004)

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

PRIVATE SCHOOL 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!

Registration for Physique Swimming can be arranged online, by credit card over the phone at (212) 725 - 0939, or by sending the registration form to 25 Broadway, 9th Fl New York, NY 10004.

SWIMMER'S NAME AGE STROKE CLINIC SESSION (CHOOSE FROM ABOVE)

Parents' Name _____ / _____

Phone(C) _____ Phone(H) _____

Address _____ City _____ ZipCode _____

E-Mail Address _____

CC _____ EXP _____ CVC _____

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