



**THE QUAD MANHATTAN AFTER-SCHOOL SWIM CLUB
INSTRUCTIONAL SWIMMING AT LEMAN MANHATTAN PREP, 1 MORRIS ST
(ENTRANCE AT 25 GREENWICH ST)**

We are happy to announce the return of The Quad Manhattan After School Swim Club! Our aquatics program is offered twice a week on Mondays and Tuesdays afternoons with instructional swimming within walking distance at Lemman Manhattan Prep Upper School, 25 Greenwich St. Students are walked over twice a week for 40 minutes of instructional swimming from QUAD to Lemman.

Our specialized After School Swim Club offers excellent instructional swimming. The program provides individual attention in small group classes, allowing swimmers to learn at any ability and level. Aquatic instruction is customized based 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 Lemman Manhattan Prep features 4 lanes, 25 yards, starting blocks, 3.5 feet shallow in the shallow end, and 6 feet deep in the deep end. It is the perfect pool for our beginner and advanced swimmers.

Winter/Spring 2023 Session Dates:

January 9 - June 20, 2023

Session 1: 3:30pm-4:10pm (Lower School students only)

Session 2: 4:10pm-4:50pm (Upper School students only)

Mondays (January 9 - June 12)

Group Lessons: \$1,530.00 (17 classes, 1x per week)

Private Lessons: \$2,040.00 (17 classes, 1x per week)

NO CLASS: 1/16, 1/23, 2/20, 2/27, 4/10, 5/29, 6/19

Tuesdays (January 10 - June 20)

Group Lessons: \$1,980.00 (22 classes, 1x per week)

Private Lessons: \$2,640.00 (22 classes, 1x per week)

NO CLASS DATES: 2/21, 4/11

~~~~~ REGISTRATION FORM ON THE NEXT PAGE ~~~~~

Physique Swimming Inc.  
115 Broadway, 5th Floor  
New York, NY 10006  
t: (212)-725-0939 f: (646)-478-9005  
e: [info@physiqueswimming.com](mailto:info@physiqueswimming.com)  
[physiqueswimming.com](http://physiqueswimming.com)



**Registration for Physique Quad Manhattan After Swim Club** can be arranged [online](#), by credit card over the phone at (212) 725 - 0939, or by sending the registration form to Physique Swimming, 115 Broadway, 5th Floor, New York, NY 10006. Please make all payments to 'Physique Swimming.'

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

| Student's Name | Age   | Level | Dates | Time  |
|----------------|-------|-------|-------|-------|
| _____          | _____ | _____ | _____ | _____ |
| _____          | _____ | _____ | _____ | _____ |
| _____          | _____ | _____ | _____ | _____ |

Parents' Name \_\_\_\_\_ / \_\_\_\_\_  
Phone(C) \_\_\_\_\_ Phone(H) \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ ZipCode \_\_\_\_\_  
E-Mail Address \_\_\_\_\_ / \_\_\_\_\_  
Credit Card: \_\_\_\_\_ Exp Date: \_\_\_\_\_