

The Ossining Parks and Recreation proudly presents the.....

# Spartans Swim Team



Join the Spartans and give your kids the opportunity to have fun participating in a healthy, life long sport. For more information about swimming call 914.941.3189 and Coach Mike will be happy to answer all questions.

New swimmers will learn strokes & skills; sportsmanship & team work; commitment & dedication.

Busing is already available for Ossining School students from school to the Rec Center. Students arrive at 3:40 and are in the water by 4pm!

Swimmers will participate in either USA Swimming or the Westchester Fairfield Swim League, 5 competitions & Championships. Ability levels range from pre-competitive to high school, ages 5-17.

Tryouts are rolling at the Ossining Recreation Pool Tues-Fri from 3:30 - 7pm. Space is limited and is expected to fill quickly. Don't get shut out of a great experience!!!!

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New swimmers will learn strokes & skills; sportsmanship & team work; commitment & dedication.

Busing is already available for St. Augustine's students from school to the Rec Center. Students arrive at 2:40 and are in the water by 3pm!

Swimmers will participate in either USA Swimming or the Westchester-Fairfield Swim League, 5 competitions & Championships. Ability levels range from pre-competitive to high school, ages 5-17.

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# Swim Lessons at the Ossining Recreation Center

- Swimming is a healthy "lifetime" activity. Participants may be 1 or 101 years old.
- Swimmers of all levels can find a place in our program. Every level, from water introduction; to beginner swimmer; to technique improvement is represented in our lesson groups.
- Lessons at the Ossining Recreation Center are amongst the most affordable in Westchester.
- Many super-stars in other sports started out as swimmers and gained strength and coordination that helped them to excel.
- Swimming is awesome, feels great and is fun!!!!



*(Lessons are offered Tuesday, Wednesday, and Thursday mid-mornings and evenings; and Saturdays 8.30am-1pm.)*