

SAINT ANASTASIA CYO

Boys' AOK Swim Team

This is a competitive swim team and not a learn-to-swim program. If you know how to swim a lap, come and tryout to help us defend our Championship title we've held for the past 4 years!

Prior to registering, new swimmers will need to pass a swim test at their first practice.

TEAM TRYOUTS

Wednesday Sept. 13th

or

Monday Sept. 18th

7:00-8:30pm

Great Neck South MS Pool

Open to boys 14yrs and younger who live within parish boundaries*

Practices are held September to January

Mondays & Wednesdays 7-8:30pm.

Great Neck South Middle School Pool

349 Lakeville Road

Meets are held Friday nights

Season ends with the championship meet on 1/6/2024

Registration is \$190 p/child; includes a competition swim cap and jammer.

For more information or to inquire about trying out for the team, email the coaches at: aokswimming@gmail.com

* St Anastasia, Sacred Heart, OLBS, St Kevin's, St Robert's.

Waivers for St Luke, St Andrew, St Mel, St Mary's Nativity- St Ann, Holy Trinity, St Fidelis, St Aloysius; Great Neck

register at: www.sta.nyc/cyo