



NESHAMINY



SWIM TEAM

Registration Dates: Sept. 21, 22 and 23, 2009
6:00 to 8:00 pm
Poquessing Middle School

Competitive Swim Program for children of all ages and skill levels from basic to advanced

NEW!! 8-session Pre-team program to learn the basics of competitive swimming in a fun, lesson format

Masters Program for Adult Swimmers

Member of USA Swimming and the Suburban Aquatic League

For More Information Visit our Website www.neshaminycore.net or contact Head Coach Brian Suter at neshswim@yahoo.com

Swimming is Great for FUN and FITNESS!!