

## **NEW YORK METRO**

**Garden City Hotel**  
45 Seventh St, Garden City  
Long Island, NY 11530  
[www.gardencityhotel.com](http://www.gardencityhotel.com)

**Main Phone:** 516-747-3000  
**Hotel Fax:** 516-747-1414

**Handicap/Wheelchair Access:** Yes

### **Travel Information**

LaGuardia Airport in NY (LGA)  
[www.panynj.gov](http://www.panynj.gov)  
15-20 miles from airport to hotel  
30 minute drive time

John F Kennedy International Airport (JFK)  
[www.panynj.gov](http://www.panynj.gov)  
15-20 miles from airport to hotel  
20 minute drive time

### **Room Rate: Room Block Available**

We currently offer a room block at this hotel. The Room Block is based on traditional king size bed non-smoking rooms. There are a total of **10** rooms associated with this block at a rate of \$175 a night, not including taxes. To ensure a reservation within the room block please book as early as possible. Room blocks at this hotel are active until filled or **1 month** prior to the first day of the program. You must identify that you are with The Coaches Training Institute at the time of your reservation.

### **Cab service:**

Call ahead of time – call the Concierge at the hotel to arrange pickup  
From airport: \$44.40 one way

### **Traveling by Subway/Railroad System:**

You want to get to Penn Station. From Penn Station, get on the Hempstead line on the Long Island Railroad. The stop is Garden City. From there, the hotel is directly across the street.

**\*\*Call hotel for more travel information re arrival and departures times. The Hempstead line stops at Garden City approximately once an hour.**

### **Restaurants:**

**On-site:** Polo Restaurant, Atrium Café, Rein Bar and Bistro

**Off-Site:** Cafes, Restaurants and Fast Food within **Walking Distance**

### **Hotel Alternatives:**

You can try [www.expedia.com](http://www.expedia.com), [www.travelocity.com](http://www.travelocity.com) or [www.hotels.com](http://www.hotels.com).