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**WHO?** Longview HOME SCHOOL swim team is a non-competitive group that is geared towards swimmers who want to get or stay in competitive shape by learning the most up to date competitive techniques.

Beginner (14 & Under) Every M/W 1:00-1:45 PM

Intermediate (10 & Over) Every M/W 1:45-3:00 PM

THESE ARE NOT SWIM LESSONS!

SWIMMERS MUST BE ABLE TO SWIM 1 LAP OF FREESTYLE WITH FACE IN THE WATER AND 1 LAP OF BACKSTROKE TO PARTICIPATE IN THE BEGINNER GROUP AND HAVE A WORKING KNOWLEDGE OF BREAST AND FLY TO PARTICIPAT IN THE INTERMEDIATE GROUP

**WHERE?** Longview Rec Center

2909 Commonwealth Drive

Spring Hill, TN 37174

**SESSION** Session I Sept 5, 2018 – Oct 31, 2018

Session II Nov 5, 2018 – Dec 19, 2018

Session III Jan 7, 2019 – March 13, 2019

Session IV March 25, 2019- May 22, 2019

**PRICE?** $25 Registration Fee (1 time per year) \*NEW - includes swim cap and t-shirt

Session I M/W class $140

Session II No class 11/19, 11/21 M/W class $100

Session III ` M/W class $160

Session IV M/W class $145

The Home School swim program is a non-competitive training group. Swimmers will learn correct competitive swimming techniques for all four competitive stroke, turns and dives. High School Swimmers can receive a P.E credit for participating

***Online registration at EXCELAQUATICS2.ORG opens July 15, 2018 and spots are LIMITED!***

**Please contact Dawn Van Ryckeghem at coachdawn@excelaquatics.org with questions.**