



Other Programs Offered by EXCEL AQUATICS:

- ❖ Year-Round Competitive Age Group Program
- ❖ Year-Round Competitive Masters and Tri-Athlete Programs for swimmers 19 and older
- ❖ Year-Round Swim Lessons through the Excel Swim School

For more information about all our programs please visit:

www.excelaquatics.org

Excel Aquatics is sponsored by:



ALL AMERICAN
SWIM SUPPLY



Excel Aquatics
920 Heritage Way
Brentwood, TN 37027



EXCEL Aquatics

Home School Swimming

Williamson County
Indoor Sports Complex
920 Heritage Way
Brentwood, TN 37027
(615) 370-3471 ext. 23

www.excelaquatics.org



A member of USA Swimming



Program Information

The Home School Swim Program is a swim group for homeschooled students in kindergarten to twelfth grade.

Beginning 2011-2012 season, Home School swimmers may register with USA swimming and compete with Excel Aquatics Team.

All swimmers must be able to swim 25 yards non-stop upon registering to participate in the program.

The group is divided into the following levels based on age and ability:

BRONZE II: Ages 5-12

BRONZE I: Ages 5-12

SILVER III: AGES 13-18

SILVER II: Ages 5-12

GOLD II: AGES 13-18

Please refer to excel website for description of training groups.
www.excelaquatics.org

Registration Information

Placement Trial

Saturday, August 25, 2012
9:00 am-Noon

At the Brentwood Indoor Sports Complex

A placement trial is a quick evaluation in the water to determine a child's readiness and group assignment. No reservation is required, please come anytime during the two-hour period.

Free Trial Week and Registration

Monday, August 27, 2012
Wednesday, August 29, 2012
Friday, August 31, 2012
During Practice Times

Regular Practice begins on Wednesday, September 5th

Program Dates:

August 27, 2012 - March 29, 2013

For more information on the Home School Program, please contact:

Coach Dawn VanRyckegham
coachdawn@excelaquatics.org

Or visit

www.excelaquatics.org

Practice Schedule

Practices are held on Mondays, Wednesdays, and Fridays.

Bronze II: 1:15-2:00 p.m.

Choose 1, 2, or 3 practices per week.

Bronze I: 2:00-3:00 p.m.

Choose 1, 2, or 3 practices per week.

Silver III: 1:15-2:45 p.m.

Three practices per week.

Silver II: 1:15-3:00 p.m.

Three practices per week

Gold II: 1:15-3:00 p.m.

Three practices times per week.

Cost

Bronze II, Bronze I

1 day a week: \$45 month

2 days a week: \$70 month

3 days a week: \$80 month

Silver II, Silver III and Gold II

3 days a week: \$80

One time swimmer registration fee:

\$25

Each additional sibling receives \$10 discount

TO REGISTER:

Visit www.excelaquatics.org