

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:

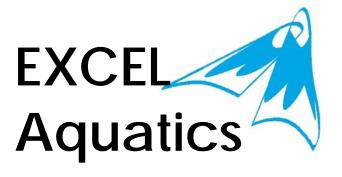
www.excelaquatics.org

Excel Aquatics is sponsored by:



Excel Aquatics 920 Heritage Way Brentwood, TN 37027





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.

<u>Cost</u>

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