

**Excel Aquatics Masters/Triathlete 2017 Fall Schedule**

**Longview Rec Center**

Mondays: 9:00am-10:15am

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| Monthly Fee:  |
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| Online Registration:  |
|  Excelaquatics2.org |
|  Program Starts: 9-5-17 |
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Tuesdays: 5:45am-7:00am $60 unlimited access

Wednesdays: 9:00am-10:15am

Thursdays: 5:45am- 7:00am

Saturdays: 4:00pm-5:30pm

Excel Aquatics Masters/Triathlete program is coached by USA Swimming Certified swim coaches. Focus of the training group will be stroke technique, increasing swim endurance and speed using freestyle as the training stroke. However all competitive strokes will be taught during practice.

**Pool Location:**

Longview Recreation Center

2909 Commonwealth Drive,Spring Hill, TN 37174

**Open Water Swimming**

Sunday mornings: 6:30am-8:00am –Email will be sent each month to registered swimmers confirming open water swim dates.

Anderson Road Public Use Area (410 Anderson Road, Nashville) on Percy Priest

Lake.

**Questions:** Contact Dawn Van Ryckeghem; coachdawn@excelaquatics.org