



**WHO?** Longview SWIM U is a non-competitive group that is geared towards swimmers who want to get or stay in competitive shape for High School Swim Teams, Middle School Swim Teams and Summer Swim Teams by learning the most up to date competitive techniques.

High School (14 & Older)	M/W 3:30-4:30 PM
Middle School (11yr – 14 yr)	T/TH 7:00-8:00 PM
Elementary School (7-10 yr)	T/TH 7:15-8:00 PM

**THESE ARE NOT SWIM LESSONS!**

Swimmers **MUST** be able to swim 50 yards freestyle face in water breathing to side and 50 yards backstroke as well as have a working knowledge of breaststroke and butterfly.

**WHERE?** Longview Rec Center  
2909 Commonwealth Drive  
Spring Hill, TN 37174

**SESSION** Session I High School Aug 11, 2021 – Sept 22, 2021  
Session I Middle & Elementary School Sept 7, 2021 - Dec 16, 2021  
NO class Oct 14, Nov 23,25

Session II High School Feb 28, 2022 - April 27,2020  
\*\*NO class March 14, 16  
Session II Middle & Elementary School Jan 11,2022 - April 28, 2022  
\*\*NO class March 15,17

**PRICE?** \$25 Registration Fee (1 time per year) \*NEW - includes swim cap and t-shirt  
Session I High School \$120 Middle & Grade School \$245  
Session II High School \$ 150 Middle & Grade School \$270

\*\*Class Fee not prorated for missed classes. Session dates and fees subject to change.\*\*

**Online registration at [EXCELAQUATICS2.ORG](http://EXCELAQUATICS2.ORG) opens July 1, 2021 and spots are LIMITED!**  
**Please contact Dawn Van Ryckeghem at [coachdawn@excelaquatics.org](mailto:coachdawn@excelaquatics.org) with questions.**