



WHO? Brentwood 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/Intermediate (14 & Under)	M/W	12:30-1:30PM
Intermediate/Advanced(12 & Over)	M/W	1:30-2:45 PM

THESE ARE NOT SWIM LESSONS!

SWIMMERS MUST COMPLETE 1 LAP FREESTYLE WITH FACE IN THE WATER TO PARTICIPATE IN BEGINNER GROUP, HAVE A WORKING KNOWLEDGE OF BREAST AND FLY FOR INTERMEDIATE GROUP AND COMPLETE 2 LAPS OF ALL FOUR STROKES TO PARTICIPATE IN ADVANCED

WHERE? Brentwood Indoor Sports Complex
920 Heritage Way
Brentwood, TN 37027

SESSION	Session I	no class: October 10,12 Nov 21,23	Sept 12, 2022 – Dec 14, 2022
	Session II	no class: March 13,14	Jan 9, 2023- April 26, 2023

PRICE?	Session I	M/W \$220 Plus \$25 annual registration fee
	Session II	M/W \$270 Plus \$25 annual registration fee

Class fee not prorated for missed classes. Session dates and fees subject to change

The Home School Swim Team program is a non-competitive training group designed as a transition from summer league to competitive team. Swimmers will learn competitive techniques in all four competitive strokes, turns and dives. High School Swimmers can receive a P.E credit for participating in Home School Swim.

Online registration at EXCELAQUATICS2.ORG opens July 15, 2022 and spots are LIMITED. Please contact Dawn Van Ryckeghem at coachdawn@excelaquatics.org with questions.