



WHO? Longview 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)	T/TH	12:30-1:30PM
Intermediate/Advanced(12 & Over)	T/TH	1:30-2:45PM

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

SESSION	Session I	no class: October 11,13 Nov 22,24	Sept 13, 2022 – Dec 15, 2022
	Session II	no class: March 14,16	Jan 10, 2023- April 27, 2023

PRICE? Session I T/TH \$220 plus yearly \$25 registration fee
Session II T/TH \$270 plus yearly \$25 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.