

Excel Swimming • January-April 2023 Membership Term • Newbie General Info

NEWBIES = Anyone who has never been a member of Excel and who has not attended a tryout swim in the past year or so. Email Program Director Lisa Baumann at excelswimming@aol.com to schedule participation in a free trial workout (or to make a swim ability evaluation appointment).

RETURNEE = Former member wishing to return to our team. Email Lisa at excelswimming@aol.com to discuss your schedule, what swim session days/times you're interested in, and to request enrollment form with instructions.

GENERAL SWIM SCHEDULE:

Mon-Wed-Fri morns: 6:00-7:30AM

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Tues+Thurs eves: 6:30-7:45PM

Sunday morning: 9:00-10:30AM

ENROLLMENT OPTIONS/FEE STRUCTURE (for four months January-April 2023):

2-3 weekly workouts: \$400 individual fee (\$330 discount for Juniors 18-24 & Seniors 65+)

4-5 weekly workouts: \$440 individual fee (\$365 discount for Juniors 18-24 & Seniors 65+)

6-7 weekly workouts: \$480 individual fee (\$400 discount for Juniors 18-24 & Seniors 65+)

GENERAL HIGHLIGHTS:

Structured, motivating and enthusiastic group dynamics

Multiple coaches are on pool deck for every swim workout

Cutting-edge freestyle and multi-stroke technique instruction

Professional experienced USMS, ASCA & USAT certified staff

Diverse year-round short course and long course pool schedule

Challenging group training for advanced-skill competitive athletes

Hosted pool and open water fitness activities & competitive events

Supervised group open water swims during warm weather months

The Aquatic Center does not have a street address and can not be reached from inside Eisenhower Park. Access facility from Merrick Avenue a/k/a Korean War Veterans Memorial Drive (in East Meadow).