

Excel Swimming • January-April 2024 • Newbie & Returnee General Info

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

<http://www.excelswimming.com/Schedule/SwimSchedule.htm>

RETURNEE = Former Excel member [or recent tryout attendee] wishing to return to our team. Email Lisa at excelswimming@aol.com to discuss your schedule needs, what swim session days/times you're interested in, and to obtain enrollment form with instructions.

GENERAL SWIM SCHEDULE:

Note: Special arrangements available for medical professionals and first responders with rotating schedules.

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 & FEES:

Note: Discounted membership fee for Juniors (age 18-24), Seniors (65 & older), and married couples.

2-3 reserved workout spots per week - \$400 individual membership fee

4-5 reserved workout spots per week - \$440 individual membership fee

6-7 reserved workout spots per week - \$480 individual membership fee

GENERAL HIGHLIGHTS:

Structured, motivating and enthusiastic group dynamics

Multiple coaches on pool deck for each workout session

Cutting-edge freestyle and multi-stroke technique instruction

Professional experienced USMS, ASCA & USAT certified staff

Diverse year-round short course and long course swim 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 Nassau County 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. Details at: <https://www.nassaucountyny.gov/1775/Hours-Location-Parking>.