

MARK YOUR CALENDAR

**Excel's 6th Annual Workout Challenge
at the Nassau County Aquatic Center**

**Monday morning February 21, 2022
(federal holiday - Presidents Day)**

Limited to 100 swimmers on a first-received basis.

This event has filled up & closed out early every year!

Online registration OPENS on New Year's Day 2022.

Everyone who wants to swim is welcome to join the FUN!

Unique commemorative Workout Challenge items, generous goodie bags, snacks and beverages. Motivating, enthusiastic group training dynamics. Great endurance training foundation opportunity. Set your 2022 goals now and plan to participate!

Check out some of our past Workout Challenge photos and videos at www.excelswimming.com

Direct inquiries to Lisa at excelswimming@aol.com