

SWIM FOR EXCEL AQUATICS

At MTSU

FREE TWO WEEK TRIAL

AUGUST 16-26

(Monday-Thursday)

2010-2011 PRACTICE SCHEDULE

Murfreesboro (MTSU)

MTSU	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bronze I	4:30-5:30pm	x	x	4:30-5:30pm	x	10:45-11:45am
Bronze 2	x	4:30-5:15pm	x	5:30-6:15pm	x	10:45-11:45am
Silver 2	5:30-7pm	5:30-7pm	4:30-6pm	x	4:30-6pm	9:15-10:45am
Silver I	4:30-6:15pm	4:30-6:15pm	4:30-6:15pm	4:30-6:15pm	4:30-6:15pm	9:15am-11:15am
Gold	4:30-6:30pm	4:30-6:45pm	4:30-6:30pm	4:30-6:45pm	4:30-6:30pm	9:15-11:15am

Bronze II: The entry level for competitive swimmers. Attendance: 2-3 times weekly.

Bronze I: For developmental swimmers who need stroke development & conditioning for longer practices. Attendance: 2-3 times weekly.

Silver II: Swimmers who have mastered the strokes. Aerobic conditioning and fine-tuning of strokes is emphasized. Attendance: 3-4 times weekly.

Silver I: Swimmers who are training for Southeastern qualifying times, and ready for a higher level of interval training. Technique remains the emphasis. Attendance: 4-5 times weekly.

Gold I: For swimmers age 13-18 who compete at the Southeastern level. Attendance: 5-6.

For further information please feel to contact at our website, or our coaches at:

WWW.EXCELAQUATICS.ORG

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