

NEW in 2017



is excited to offer

Level 10 Pre-Team

through its SwimAmerica Program.

This level has been designed specifically as an
Introduction to Competitive Swimming

Pre-Team Goals Include:

1. Further development of the four competitive strokes
2. Learning racing starts and legal turns for all strokes
3. Introduction to competitive swimming methods such as circle swimming and interval training
4. Using competitive training equipment such as kickboards, pull buoys, fins, and snorkels
5. Opportunities for timed racing

Pre-Team Practice Schedule: all at TCNJ

Wednesday: 7:00 — 8:00 PM

Saturday: 4:00 — 5:00 PM

Sunday : 9:30 — 10:30 AM

*****Enrollment Pending Water Evaluation w/ EEX Coaches*****

EEX Open House / Evaluation Dates at TCNJ

8/25: 5:30-7pm 8/28: 11-Noon 8/31: 6:30-8pm 9/6: 7-8:30pm 9/9: 8-9:30am

for more info, E-Mail: ExpressSwimAmerica@gmail.com