

## Spring Level I and Level II classes

Level I and II classes will run January-April in 2009!

### **Level I Classes starting in January and March**

#### **January- Level I Class**

Sunday, Jan 4, 1:15-2:30pm

Tuesday, Jan 6, 7:15-8:30pm

Sunday, Jan 11, 1:15-2:30pm

Tuesday, Jan 13, 7:15-8:30pm

Sunday, Jan 18, 1:15-2:30pm

Tuesday, Jan 20, 7:15-8:30pm

Sunday, Jan 25, 1:15-2:30pm

Tuesday, Jan 27, 7:15-8:30pm

Thursday, Jan 29, 7:15-8:30pm

#### **March- Level I Class**

Sunday, Mar 1, 1:15-2:30pm

Tuesday, Mar 3, 7:15-8:30pm

Sunday, Mar 8, 1:15-2:30pm

Tuesday, Mar 10, 7:15-8:30pm

Sunday, Mar 15, 1:15-2:30pm

Tuesday, Mar 17, 7:15-8:30pm

Sunday, Mar 22, 1:15-2:30pm

Tuesday, Mar 24, 7:15-8:30pm

Sunday, Mar 29, 1:15-2:30pm

#### **\*1st class is MANDATORY in LEVEL I CLASS!**

\* You will not be getting in the pool for the first class. It is a class room setting.

\***Do** bring your fins and pull buoy to the first class,  
so we can make sure you got the correct ones.

We **HIGHLY** recommend taking Level II class after Level I class.

Think of it as two months worth of stroke work and fine-tuning, that your stroke is not complete until you are done with Level II class.

## **Level II Classes starting in February and April**

### **February- Level II Class**

Tuesday, Feb 3, 7:15-8:30pm

Sunday, Feb 8, 1:15-2:30pm

Tuesday, Feb 10, 7:15-8:30pm

Sunday, Feb 15, 1:15-2:30pm

Tuesday, Feb 17, 7:15-8:30pm

Tuesday, Feb 24, 7:15-8:30pm

Sunday, Feb 1- with Level III, 2:15-4:00pm

### **April- Level II Class**

Sunday, Apr 5, 1:15-2:30pm

Tuesday, Apr 7, 7:15-8:30pm

Tuesday, Apr 14, 7:15-8:30pm

Sunday, Apr 19, 1:15-2:30pm

Tuesday, Apr 21, 7:15-8:30pm

Sunday, Apr 26, 1:15-2:30pm

Wednesday, Apr 29- with level III, 6:15-8:00pm

**For More INFO check out Excel's Blog Spot:**

<http://exceltriathletes.blogspot.com/>

## **NEW LOCATION:**

Excel will be offering level I and Level II swim classes at the **Centennial Sportsplex** in 2009.

Classes will be offered on **Mondays and Thursdays in January and February 12:00-1:15pm**

### **Class Schedule for Level I:**

Monday, January 5

Thursday, January 8

Monday, January 12

Thursday, January 15

Monday, January 19

Thursday, January 22

Monday, January 26

Thursday, January 29

### **Level II Class Schedule:**

Monday, February 2

Thursday, February 5

Monday, February 9

Thursday, February 12

Monday, February 16

Thursday, February 19

Monday, February 23

### **How do you reserve a spot for a Spring Class?**

1. Email Ashley triash@gmail.com
  2. Send in your check made out to Excel Aquatics for \$175 (Level I class) or \$150 (Level II Class)  
to Ashley Whitney 2806 Belmont Blvd. Apt 6, Nashville, TN 37212
- \*You may sign up for both classes at once.
4. Once your check is received, you will get a confirmation email.

### **What equipment do you need for class?**

#### **1. Swimsuit**

\* Men are NOT allowed to wear board shorts or trunks with pockets. Jammers are your best options.  
Here's what a jammer looks like:

\*Men and Women- any suit made of polyester is the way to go!  
Poly suits will last years!

\*Women- the cutest suits in the world can be found at Splish.com  
Splish offers many suits in a poly blend!

#### **2. Goggles**

Finding the right pair of goggles-

1. Take them out of the package and try them on at the store
  2. Without putting the strap around your head, stick goggles to your face
  3. If goggles stick to your face for a few seconds then you found a pair of keepers.
  3. **Cap-** if your hair gets in your eyes or mouth while you swim
- \* we have caps for sale at the pool for \$3. They say Excel on them.

#### **4. Fins**

Here's a picture of what shape they should be. Just about any brand will do. Scuba fins do NOT work for this class!

#### **5. Pull Buoy**

Here is what a pull buoy looks like.

\* The TYR, Nike, or Speedo buoys are great to get.

### **Where can you buy your swim equipment?**

All American Swim and Surf.

Check the links on the right side of the blog to find a map to the store.

Store is located in Cool Springs Shopping area.

If you prefer to buy your stuff online, swimoutlet.com is about the best place to buy it.

### **Where are classes held?**

Indoor Sports Complex , 920 Heritage Way , Brentwood, TN 37027

OR

Centennial Sportsplex

\* You do NOT have to be a member of the Indoor Sports Complex or Centennial Sportsplex to be part of this classes.