



GET READY FOR COMPETITIVE SWIMMING WITH  
X-CEL'S 'Stroke and Turn' SWIM PROGRAM!

Space is limited so sign up today!  
Registration will be filled on a first come, first served basis.

This program improves stroke technique, introduces competitive swimming skills and encourages swimmers to progress in a friendly, non-competitive environment.

*Registration will be filled on a first come, first served basis and space is limited.  
So sign up today!*

DATES: 20th-March -31<sup>st</sup>-March (2 weeks)  
(3/20, 3/21, 3/24, 3/27. 3/28, 3/31)

Program runs on Mon/Tue//Fri

TIME & Location: 6:45-8:30pm at MCCC

ELIGIBILITY: Ages 5 and over (Child must be able to swim at least 25 yards without stopping in both freestyle and backstroke.)

COST: Two days per week (4 sessions) -- \$128  
Three days per week (6 sessions) -- \$188

Members of X-Cel coaching staff will be instructing the program.

To register go to [www.xcelswimming.org](http://www.xcelswimming.org) and click on the 'Team Information' button on the left. Click on the 'Registration, Medical, and Parent Responsibility Form, complete this one form, sign it and return with full payment.

Questions regarding the program can be emailed to [headcoach@xcelswimming.org](mailto:headcoach@xcelswimming.org). A member of the X-Cel management team will respond to your inquires. Please be sure to include your phone number if you wish to speak with us directly.

Registration: Mail completed forms along with payment to:  
X-Cel Swimming  
Stroke and Turn & Turn  
P.O.Box 3141  
Princeton, NJ 08543

For more information about X-Cel Swimming go to [www.xcelswimming.org](http://www.xcelswimming.org)