

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: Aug 4th-Aug 21st (3 weeks)
Program runs on Mon/Tue/Thurs.

TIME & LOCATION: Mon/Tue/Thursday. 7:00-8:30 PM
Princeton University DeNunzio pool

ELIGIBILITY: Ages 6 and over
(Child must be able to swim at least 25 yards without stopping in both freestyle and backstroke.)

COST: \$398

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

To register for the Stroke and Turn program, please follow 3 simple steps:

1. Visit our website at <https://swimxcel.org/> and navigate to the "**Programs**" section. Look for the "**Stroke and Turn**" program or directly access it at <https://swimxcel.org/xcelprograms/stroketurn/>
1. On the program page, you will find the Registration, Medical, and Parent Responsibility Form. Please complete the form by providing the necessary information.
1. Once you have filled out the form, please submit the form along with the full payment.

Questions regarding the program can be emailed to headcoach@swimxcel.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
<https://swimxcel.org>