

# EASTERN EXPRESS SWIM CLUB



Recipient of the **2007 Silver Medal Award** from the USA Swimming Club Excellence Program

## ***Features:***

- ~Year-round club swim team with training groups ranging from 6-7 year old beginners to National and Olympic Trial Qualifiers
- ~ Host to 3 premier New Jersey Swimming sanctioned swim meets – the ***Holiday Classic***, the ***February Splash*** and the ***Summer Sizzle***
- ~ A 20 year history of training excellence at TCNJ & Princeton University
- ~ Home of ***Express SwimAmerica*** swim lessons, a program certified by the American Swim Coaches Association (ASCA) that utilizes a progressive 10 level system to learn and perfect the four competitive strokes, starts & turns

*If you are interested in pursuing a year-round competitive swimming program, learning self-discipline and goal setting while building a healthy body, self-esteem, and making life long friendships, come to our **Open House on Friday, September 7<sup>th</sup> at The College of New Jersey at 5:00pm.***

*For more information, visit our website at [www.expressswimming.com](http://www.expressswimming.com), or e-mail us at [bmatheson@aol.com](mailto:bmatheson@aol.com).*