

# Hey, Summer League Swimmers Ages 7-10:



## 1 Day Age Group Fitness! At GW Recenter Wednesdays 2020-21



Do you want to...

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- Get ready for a great summer swim season?
- Swim with the best coaching staff in Northern Virginia?
- Tune up your endurance, strokes, and turns now before we get back to competitions?

Well...

You may have *tried the rest*, but now it's time to swim with the best!  
NCAP-Alexandria and J&MSwim are offering a great chance for you to do just that!

at GW Recenter  
Wednesdays 6:15-7:00pm  
-Session Runs - September 9 through end of  
May 2021 (winter and spring breaks TBA)

**Session fees \$1,295.00** figure includes \$375 (non-refundable) registration fee!  
Monthly billing available

Contact a coach (below) to check on availability. Must own Rubber Fins! Then you are off and swimming!

**Sounds great! How do I sign up?**

Register online and learn more about this and other J&MSwim programming and

Coach Marye Carter  
[CoachMarye@gmail.com](mailto:CoachMarye@gmail.com)

NCAP by visiting us on the web:

[www.jandmswim.com](http://www.jandmswim.com)

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