

# Hey, Summer League Swimmers Ages 10-14:



## 1 Day Age Group Fitness! At Mount Vernon ReCenter Fridays Fall and Spring 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 Mount Vernon ReCenter

Fridays 5:30-6:30pm

-Sessions Run - #1 September 11 through  
December 11, 2020

#2 February 26 - Spring Break (no practices  
TBA) -through May 28, 2021

**Each Session \$695.00, 1 time \$295 registration fee  
waived for your second session!**

**Add a 2<sup>nd</sup> day at MV Rec 5-6am for \$95**

For an added day either Mon or Wed morning contact Coach Matt Murray [Jmattswim@verizon.net](mailto:Jmattswim@verizon.net)

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 Ken DiCesare  
[KDicesare@aol.com](mailto:KDicesare@aol.com)

Coach Matt Murray  
[Jmattswim@verizon.net](mailto:Jmattswim@verizon.net)  
703-244-4607

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