

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

Spring \$395, 1 time \$195 registration fee waived if it's
your second session!

Add a 2nd day at MV Rec 5-6am for \$50

For an added day either Mon or Wed morning contact Coach Matt Murray 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

Coach Matt Murray
Jmattswim@verizon.net
703-244-4607

NCAP by visiting us on the web:
www.jandmswim.com

Coach Dylan Louison
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Coach Paul Makin
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