

Hey, Summer League Swimmers Ages 9-13:
Do you want to...



TGIFF PLUS!

Thank Goodness It's Fun Friday
**and More Get Ready For
Summer Swim Deal...**



- 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 school is out?

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!

Practices are at Lee ReCenter:

Fridays 5:30-6:30 pm

OR at Mount Vernon ReCenter

Fridays 5:30-6:30pm

-Session Runs - March 6 through May 22, 2020—
Spring Break (no practices) April 10 and 17th.

All for \$225.00

Add a 2nd day at MV Rec AM for \$75

For an added day either Mon or Wed morning contact Coach Matt Murray Jmattswim@verizon.net

How do I know this is the right place for me?

You are NEW to NCAP and have competed in a summer league meet in the past, and are between the ages of 9-13, then you should be ready to go! This program is for new to NCAP swimmers only.

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 J&MSwim and NCAP by visiting us on the web:

Coach Paul Makin

Paul.j.makin@gmail.com

703-973-4513

Coach Matt Murray

Jmattswim@verizon.net

703-244-4607

Coach Kaitlyn McNutt

mcnuttkait@gmail.com

Coach Ken DiCesare

KDicesare@aol.com