

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
Session Runs - March 5 through May 28, 2021
Spring Break (no practices - 2 weeks TBA)

All for \$345.00

Add a 2nd day at MV Rec AM for \$50

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: www.JandmSwim.com

Coach Paul Makin
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