



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, starts and turns now before school is out?

Well...

NCAP-Alexandria and J&MSwim are offering a great chance for you to do just that!

Practices are at Franconia Recenter:

Fridays 5:30-6:30 pm

Session Runs - Feb 28 through May 23, 2025,

NCAP Spring Break (no practice April 4)

Price \$325.00

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

NEW to NCAP swimmers who 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 not for those already swimming for NCAP club.

Contacts are below (to check on availability and ability level). Must own Rubber Fins and bring your own kickboard! Then you are ready for faster 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 Trish Buswell
trishbuswell@gmail.com

Coach Matt Murray
lmattswim@verizon.net

Registrar Kerri Andrews
kerriandrews@gmail.com