



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 and Mt. Vernon Recenters:**

Fridays 5:30-6:30 pm

Session Runs - March 4 through May 27, 2022,  
Spring Break (no practices - 2 weeks TBA)

**Price \$295.00**

Add a 2<sup>nd</sup> day at MV Rec AM for \$50

For an added day either Mon or Wed 5-6am contact Coach Matt Murray [Jmattswim@verizon.net](mailto:Jmattswim@verizon.net)

**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 for not already swimming for NCAP club swimmers alone.

Contacts are below (to check on availability and ability level). Must own Rubber Fins and bring your own kickboard! 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](http://www.JandmSwim.com)

Coach Trish Buswell  
[trishbuswell@gmail.com](mailto:trishbuswell@gmail.com)

Coach Matt Murray  
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