



# TCST PRESEASON PROGRAM

Sep 5 - Oct 27, 2023

130 East Ave, Lewiston, ME 04240

This program will be open to swimmers of all ages and ability levels. The preseason is a great opportunity for new swimmers to become familiar with the aspects of a competitive team, as well as for returning swimmers to get a head start on their season. Swimmers should be able to complete one length (25 yards) of the pool in order to sign up.

Spots will be limited.

## **A/B Group Practice**      **Cost \$145**

**Swim Basics, Drills, Stroke Progression**

Tuesday 7:00pm - 8:00pm

Friday 5:30pm - 6:30pm

## **C/D Group Practice**      **Cost \$190**

**Advanced Technique, Aerobic Endurance**

Monday 7:00pm - 8:00pm

Thursday 7:00pm - 8:00pm

Friday 6:30pm - 7:30pm

**To register, or for additional questions,  
parents can email Coach Matt Reed  
[MReed@alymca.org](mailto:MReed@alymca.org)**

