



# TCST PRESEASON PROGRAM

Swimmers should be able to complete one length (25 yards) of the pool in order to sign up. Ages 6-18. Spots will be limited.

**Mon / Wed / Fri from Sept 9 to Oct 18, 2024**

**141 Russell St, Lewiston ME (Bates College)**

**A/B Group Practice**      **Cost \$130**

**Swim Basics, Drills, Stroke Progression**

A Group Practice 6:30-7:15pm

B Group Practice 7:15-8:00pm

**C/D Group Practice**      **Cost \$195**

**Advanced Technique, Aerobic Endurance**

C/D Group Practice 6:30-8:00pm



**Registration  
Now Open**

Scan or visit us online  
at [alymca.org](http://alymca.org)

**For more information please contact  
Head Coach Matt Reed [MReed@alymca.org](mailto:MReed@alymca.org)**

