

THE HIGH SCHOOL  
SWIM SEASON IS DONE...  
HOW ARE YOU GOING TO  
KEEP IN SHAPE FOR  
SUMMER SWIMMING?



**JOIN THE TIBU SENIOR PREP PROGRAM**

- DESIGNED FOR HIGH SCHOOL ATHLETES
  - MODERATE AEROBIC TRAINING
  - EMPHASIS ON STROKE TECHNIQUE
  - PREPARATION FOR SUMMER TEAMS
  - MEET PARTICIPATION OPTIONAL

**DATES:** MARCH 1-MAY 9 (*SPRING BREAK MARCH 29-APRIL 3*)

**PRACTICE TIMES:** GO TO [WWW.SWIMTIBU.COM](http://WWW.SWIMTIBU.COM)

**PLACE:** QUINCE ORCHARD OR MC ROCKVILLE

**COST:** \$495 (9 WKS.) FOR 3-5 PRACTICES/WEEK  
\$350 (9 WKS.) FOR TUES/SUN ONLY

**PROFESSIONAL COACHES:** JORGE SILVA, NATHAN MEADOWS,  
AND ALLIE MCDUGALL

**REGISTER ONLINE:** [WWW.SWIMTIBU.COM](http://WWW.SWIMTIBU.COM)

**QUESTIONS:** [EJS@SWIMTIBU.COM](mailto:EJS@SWIMTIBU.COM) OR 240-683-TIBU

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