

Tri-City Area YMCA Tidalwaves Swim Team

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The Tri-City Area YMCA Tidalwaves Swim Team is gearing up for a new season. Spring and Summer training is in May, June & July; practices are held at the Principia College and Lewis & Clark Community College pools. Swimmers range in age from 5 to 21 years. For more information, consult our website <u>www.tcaytidalwaves.com</u> / Join the Tidalwaves for fun, friends, fitness and self-confidence.

Contact: Head Coach Nancy Miller, 462-4444