

Invite a Friend – Earn a Free Month of Dues!

Truckee Tahoe Swim Team is working hard to share our great swim program with the Truckee community, and we need your help!

Here's how it works:

- Invite a friend to try out TTST.
- They can swim with the team for **up to 2 weeks free** as a trial.
- If they enjoy it and join, **you'll receive a free month's credit** for your swim account.

Please email cyrus@truckeeswim.org if you have a friend trying out or joining so we can link them to your account and provide your credit.

Practice Groups & Times to tell your friends

LTC Level 1 – Intro to Competitive Swimming

- Time: 4:50–5:40 PM
- Frequency: Choose 2 days/week (Mon–Thurs)
- Email your selected days to cyrus@truckeeswim.org

LTC Level 2 – Competitive Skill Development

- Time: 4:50–5:50 PM
- Frequency: Choose 2 days/week (Mon–Thurs)
- Email your selected days to cyrus@truckeeswim.org

LTC Level 3 – Pre-Senior Training

- Time: 3:30–4:45 PM
- Frequency: Mon–Fri

National & Senior – Competitive Training

- Time: 3:00–5:00 PM
 - Frequency: Mon–Fri
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Stay Connected

Social Media: Instagram – [@ttst_sm_swimteam](https://www.instagram.com/ttst_sm_swimteam)

Head Coach: Cyrus Crews | cyrus@truckeeswim.org | Hours: Mon–Fri, 8 AM–12 PM

All Coaches: coaches@truckeeswim.org

Board of Directors: ttstbod@truckeeswim.org

Team Announcements: We use the Remind app – join with class code **b43ac83**.

Join the Team: www.truckeeswim.com → Click “Join Team”