



High School Fitness 2020-2021 Season

Swimmer Age Range: 8th-12th grades

Online Registrations Options: High School Fitness - Maintenance

Training begins Mid-September and runs until Memorial Day Weekend 2021

Payment and Fees:

Full Payment OR 8 x Monthly Payments (includes 7% fee)
\$1,945 \$200.62

A valid credit card on file will be required for monthly payment plans and all fees must be paid in full by March 1, 2021.

Registration deposit \$495 to reserve your place

Sibling Discount: \$50 reduction for each additional member participating in our HS Fitness Programs

Training Locations (consistent throughout the year):

Lee Rec. Center PM practices: 7:00-8:30 pm (7:00-7:30 pm dry-land - Fall and Spring weather permitting, 7:30-8:30 pm in water) Mondays and Wednesdays

Mount Vernon Rec. Center AM option: 5:00-6:00 AM Mondays and Wednesdays

**Note: the AM option is available at Mount Vernon Rec. Center ONLY*

Description:

This program is dedicated to preparing 8th – 12th grade students for high school competition. Swimmers will concentrate on training, endurance, and speed work that will prepare them for high school competitions. Your dues permit 2 practices per week, either mornings or afternoons, as described above.

- Training begins Mid-September and runs until Memorial Day Weekend 2021
- All breaks are consistent with the NCAP schedule
- Possibly one USA Swimming meet in March will be available
- Required equipment: swimsuit, cap, goggles, pull buoy, fins, and a yoga mat