



Stroke School and Stroke Academy

2020-2021 Season

Operated by J&M Swim, LLC, Visit our website for details www.JandMswim.com
Space Limited! [Register now](#)

The J&M Swim/NCAP Stroke School focuses on the mechanical techniques involved with the four competitive strokes, their associated starts, turns and finishes. The swimming student experiences a small coach to swimmer ratio. The instruction is provided in a low-key setting. There is no athletic training or formal conditioning provided through this program. The program is designed to prepare the swimmer for the progression to the Age Group 1 and Age Group 2 team USA Team Swim team programs.

Lee District

Stroke School – Sunday 5:30 – 6:15 pm – 9/unders

Stroke Academy – Sunday 6:15-7:00 pm 10-14-year olds

Starts Mid-September through mid-May (24 Sundays, schedule TBA)

**Fees: Lee Stroke School - \$695 – Monthly Option: \$40.40
Lee Stroke Academy - \$795 Monthly Option: \$46.81**

Registration Fee: \$495

George Washington Rec

GW Stroke School – Monday 6:15 – 7:00 pm

GW Stroke School Fees: \$795

**Registration Fee: \$495
Monthly Option: \$46.81**

Sibling Discount - \$50 per additional sibling

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

Online registration at www.jandmswim.com

\$300 is non-refundable and no refunds after December 15, 2020

For Questions about the program please contact:

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Nation's Capital Swim Club – Alexandria Team



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