



Nation's Capital Swim Club Alexandria

J&M Swim 2021-2022

High School Fitness



High School Fitness: Swimmers in 8th-12th Grade

Frequency: 2 Days a Week

Locations:

Lee District

Mon & Wed 7:00-8:30 PM

(outdoor dryland fall & spring weather permitting 7-7:30)

Mount Vernon

Mon & Wed 5:00-6:00 AM

Required Equipment:

* Fins *Pull-Buoy *Goggles

*Swim Cap *Yoga Mat

Concepts & Areas of Focus

- ❖ Focus on preparing 8th-12th graders for high school competition.
- ❖ Swimmers concentrate on training, endurance, and speed
- ❖ Dues permit 2 practices a week, morning or afternoon
- ❖ Training begins Mid-September and runs until Memorial Day
- ❖ All breaks are consistent with the NCAP schedule
- ❖ Possibly one USA Swimming meet in March will be available

Fees:	Full Payment	Full Early Bird Payment	8 Payments (includes 7% fee)
High School Fitness	\$2,095	\$2045	\$280.21

- **\$250 non refundable per swimmer**
- **Early Bird Discount - \$50 on or before June 15, 2021**
- **Sibling discount - \$50 reduction for each additional sibling participating in high school fitness**
- **Programs are billed based on age as of December 31, 2021**