



# Nation's Capital Swim Club Alexandria

## J&M Swim 2021-2022

### Learn to Compete 1&2



**Learn to Compete 1 & 2:** Swimmers Age 5-8

**Frequency:** 1 Day a week

6 week sessions

Beginning week of September 18th through May

**Locations:**

Lee District

Thursday

George Washington

Wednesday

**Learn to Compete 1:**

- ❖ Swimmers should be able to swim unassisted freestyle and backstroke in reasonable form  
*Please note: this is NOT a learn to swim program*
- ❖ Swimmer **MUST** be comfortable in water 8-12 feet deep
- ❖ Swimmers will work towards improving freestyle and backstroke
- ❖ Primary focus of fostering a love of swimming and teach basic skills necessary for continues development and growth
- ❖ Skills include body positioning, streamline off walls, developing good kicking skills, and learning breath control

**Learn to Compete 2: Coach Recommendation Required**

- ❖ Swimmers should be able to swim 25 yards freestyle and backstroke in reasonable form
- ❖ Swimmer **MUST** be comfortable in water 8-12 feet deep
- ❖ Swimmers will build on skills learned in Learn to Compete 1
- ❖ Introduction to breaststroke and butterfly
- ❖ Swimmers must perform reasonable simulation of breaststroke and butterfly before transitioning to our competitive Age Group 1 program
- ❖ Goal of preparing each swimmer to transition to a structured competitive atmosphere

**Fees:**

	Full Year Registration:
6 Week Session	*5 (6 week sessions)
\$295.00	\$1,375
	*savings of \$100