



Nation's Capital Swim Club Alexandria J&M Swim 2021-2022 MV Fitness & Summer Prep



MV Fitness & Summer Prep: Swimmers Age 9-18

Frequency: 1, 2, 3 day team

Location: Mount Vernon

Mon, Wed, Fri 5:00-6:00 AM

Mid September through Memorial Day

Required Equipment:

* Fins *Pull-Buoy *Goggles

*Swim Cap

Concepts & Areas of Focus

Fees:	Full Payment	Full Early Bird Payment	8 Payments (includes 7% fee)
1 Day Team	\$1,345	\$1,170	\$179.89
2 Day Team	\$2,145	\$1,970	\$286.89
3 Day Team	\$2,695	\$2,520	\$360.46

- **\$600 non refundable per swimmer**
- **Early Bird Discount - \$175 on or before May 31, 2021**
- **Sibling discount - \$150 reduction for each additional sibling participating in our USA Swim Team programs**
- **Programs are billed based on age as of December 31, 2021**

- ❖ Swimmers in Age Group Fitness & Summer Prep groups are swimming because they love to swim, enjoy being in the water, and are looking to improve their strokes
- ❖ Focus to prepare swimmers for summer league while helping swimmers grow and progress through the sport as desired
- ❖ Program will help prepare high school swimmers mentally and physically for the high school swim set of events
- ❖ The group focuses on similar skills as age group 2 & 3 but at a pace that works for the dynamics of the group
- ❖ USA Swimming registered athletes and have the opportunity to participate in coach selected meets throughout the winter