



Nation's Capital Swim Club Alexandria J&M Swim 2021-2022 Stroke School & Stroke Academy



Stroke School: Swimmers Age 9 & Under

Location: Lee District

Sunday 5:30 PM-6:15 PM

George Washington

Monday 6:15 PM- 7:00 PM

Stroke Academy: Swimmers Age 10-14

Location: Lee District

Sunday 6:15 PM - 7:00 PM

Lee Season runs mid September- mid May, 24 Sundays

Concepts & Areas of Focus

- ❖ Program 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.

Fees:	Full Payment	Full Early Bird Payment	8 Payments (includes 7% fee)
Lee Stroke School	\$775.00	\$725.00	\$103.66
Lee Stroke Academy	\$825.00	\$775.00	\$110.34
GW Stroke School	\$825.00	\$775.00	\$110.34

- \$250 non refundable per swimmer
- Early Bird Discount - \$50 on or before May 31, 2021
- Sibling discount - \$50 reduction for each additional sibling