



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



### Concepts & Areas of Focus

**Summer Fitness & Stroke:** Swimmers Age 8 & Over

**Location:** Lee District

Tue & Thur 6:00 PM- 7:00 PM (age 8-10)

Tue & Thur 7:00 PM - 8:00 PM (age 11 & over)

**Fees:** \$345 for June and July

- Only full payment is accepted for this program
- After two week, no refunds will be issued

- ❖ Program focuses on the mechanical techniques involved with the four competitive strokes, their associated starts, turns and finishes.
- ❖ Program uses a summer league style training intensity combined with the technique and mechanic focus required for long term competitive swimming success.
- ❖ The instruction is provided in a low-key setting.
- ❖ Mild athletic training and conditioning is a feature
- ❖ Summer Fitness and Stroke is designed to prepare the swimmer for the progression to our Age Group team USA Team Swim team programs and is a great bridge to the fall for those who are not on another summer league style community club for competitive swim.
- ❖ There are no competitive meets associated with participation in this program