



Summer 2021 BOOST Fit Club

High School Prep Group

The high school prep group is a seasonal group within NAC's SwimFit program. It is a technique-based swimming program that utilizes the same core principles of the NAC Competitive Team. It is designed to give your athlete an opportunity to improve their strokes and skills, build strength, and have fun.

The High school prep group is ideal for athletes at the HS region level and beyond. It's a great way to maintain strength and endurance between high school seasons, and can be an avenue onto the competitive team, but is also a great option for those that would like to continue the fun and development of the school season and/or Summer League throughout the year.

Practice Groups

Each practice group is based on the age and ability of the athletes. There are no practice attendance requirements for any of these practice groups.

2021 May Session

May 10-26, 2021

Group	Practice Groups/Times	Cost
		Session 1 5/10-5/26
HS prep group	Mon & Wed: 4-5:15p	\$110

Registration

Registration will be available by clicking [HERE](#) on Monday, April 12th

Each session for the 2021 HS prep group may vary in price based on the duration and number of practices offered.

Questions?

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