



# Nation's Capital Swim Club Alexandria

## J&M Swim

### High School Fitness



**High School Fitness:** Swimmers in 8th-12th Grade

**Frequency:** 2 Days a Week

**Locations:**

Franconia District

Mon & Wed 7:30-8:30 PM

George Washington

Mon & Wed 5:00-6:00 AM

**Required Equipment:**

\* Fins \*Pull-Buoy \*Kickboard

\*Goggles \*Swim Cap

### Concepts & Areas of Focus

- ❖ Focus on preparing 8th-12th graders for high school competition.
- ❖ Swimmers concentrate on training, endurance, and speed
- ❖ Dues permit 2 practices a week, morning or afternoon
- ❖ Training begins Mid-September and runs until Memorial Day
- ❖ All breaks are consistent with the NCAP schedule
- ❖ Two USA Swimming meets, November Open and one in March will be available.

<b>Fees:</b>	Full Payment	Full Early Bird Payment	8 Payments (includes 7% fee)
High School Fitness	\$2,595	\$2,420	\$347.01

- **\$700 non refundable per swimmer**
- **Early Bird Discount - \$175 on or before May 31**
- **Sibling discount - \$50 reduction for each additional sibling participating in high school fitness**
- **Programs are billed based on age as of December 31, 2024**