



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, 3rd day option, morning preferred

Locations:

Franconia District

Mon & Wed 7:30-8:30 PM

Mount Vernon Rec

M/W/F 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 or 3 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.

Fees:	Full Payment	Full Early Bird Payment	8 Payments (includes 5% fee)
High School Fitness 2 day	\$2,595	\$2,420	\$340.59
High School Fitness 3 day	\$3,090	\$2,915	\$405.56

- \$700 non refundable per swimmer
- Early Bird Discount - \$175 on or before June 30
- Sibling discount - \$50 reduction for each additional sibling participating in high school fitness
- Programs are billed based on age as of December 31, 2025