



Nation's Capital Swim Club Alexandria

J&M Swim

Stroke School & Stroke Academy



Stroke School: Swimmers Age 9 & Under

Location: Franconia District

Sunday 5:30 PM-6:15 PM

George Washington Rec

Monday 6:15 PM- 7:00 PM

Stroke Academy: Swimmers Age 10-14

Location: Franconia District

Sunday 6:15 PM - 7:00 PM

Franconia District 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 5% fee)
Franconia Stroke School	\$895.00	\$845.00	\$117.45
Franconia Stroke Academy	\$875.00	\$825.00	\$114.84
GW Stroke School	\$875.00	\$825.00	\$114.84

- ➔ \$250 non refundable per swimmer
- ➔ Early Bird Discount - \$50 on or before July 31st
- ➔ Sibling discount - \$50 reduction for each additional sibling