

Nation's Capital Swim Club Alexandria J&M Swim



	Providence Fitness	
Providence Fitness & Summer Prep: Swimm	ers Age 9-18 Coaches	F
Approval needed		* F

Frequency: 1, 2, 3 day team Location: Providence

Fees:

1 Day

Team

2 Day

Team

3 Day

Team

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AM Practices: Tues & Thur 6:30-7:30 AM

PM Practices: Tues & Thur 4:30-5:30 PM (Fall/Spring)

Fri 4:30-5:30 PM

\$1,545

\$2,345

\$3,045

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	Full	Ear

lv Bird 8 Payments



Full Payment

\$1,370

\$2,870

Payment

(includes 5% fee)

\$202.78

\$2,170

\$307.78

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\$399.65

\$700 non refundable per swimmer Early Bird Discount - \$175 on or before June 30 Sibling discount - \$150 reduction for each additional sibling participating in our USA Swim Team programs Programs are billed based on age as of December 31, 2025

Required Equipment: Fins *Pull-Buoy *Goggles

*Swim Cap

Concepts & Areas of Focus

Swimmers in Age Group Fitness & Summer Prep groups are

swimming because they love to swim, enjoy being in the water, and are looking to improve their strokes

Focus to prepare swimmers for summer league while helping swimmers grow and progress through the sport as desired

Program will help prepare high school swimmers mentally and physically for the high school swim set of events

The group focuses on similar skills as age group 2 & 3 but at a pace that works for the dynamics of the group

USA Swimming registered athletes and have the opportunity

to participate in coach selected meets throughout the winter