



Nation's Capital Swim Club Alexandria

J&M Swim

Learn to Compete 1&2



Learn to Compete 1 & 2:

Swimmers Age 5-8

Frequency: 6 week sessions

Sessions:

Begin mid September

Locations:

George Washington Rec
6:15-7:00

Wednesdays

Fees:

6 Week Session:

***5 (6 week sessions) \$375.00**

Full Year Registration \$1,825

***savings of \$100**

Learn to Compete 1: Learn to Compete 1:

❖ Swimmers should be able to swim unassisted freestyle and backstroke in reasonable form

Please note: this is NOT a learn to swim program

❖ Swimmer MUST be comfortable in water 8-12 feet deep

❖ Swimmers will work towards improving freestyle and backstroke

❖ Primary focus of fostering a love of swimming and teach basic skills necessary for continues development and growth

❖ Skills include body positioning, streamline off walls, developing good kicking skills, and learning breath control

Learn to Compete 2: Coach Recommendation Required

❖ Swimmers should be able to swim 25 yards freestyle and backstroke in reasonable form

❖ Swimmer MUST be comfortable in water 8-12 feet deep

❖ Swimmers will build on skills learned in Learn to Compete 1

❖ Introduction to breaststroke and butterfly

❖ Swimmers must perform reasonable simulation of breaststroke and butterfly before transitioning to our competitive Age Group 1 program

❖ Goal of preparing each swimmer to transition to a structured competitive atmosphere