



Nation's Capital Swim Club Alexandria

J&M Swim

GW Fitness & Summer Prep



GW Fitness & Summer Prep: Swimmers Age 9-15

Frequency: 1, 2, 3 day team

Location: George Washington

Mon, Wed, Fri 6:00-7:00 AM

Mid September through Memorial Day

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

| Fees: | Full Payment | Full Early Bird Payment | 8 Payments (includes 7% fee) |
|--------------|--------------|-------------------------|------------------------------|
| 1 Day Team | \$1,495 | \$1,320 | \$199.95 |
| 2 Day Team | \$2,295 | \$2,120 | \$306.95 |
| 3 Day Team | \$2,995 | \$2,820 | \$400.58 |

- \$700 non refundable per swimmer
- Early Bird Discount - \$175 on or before May 31
- 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, 2023