



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