



Spring HS Prep group Boost Fit Club

General Information

The SwimFit program is a technique-based swimming program that utilizes the same core principles of the NAC Competitive Team. It is designed to give your athlete an opportunity to improve their strokes and skills, get fit, and have fun. SwimFit is an avenue onto the competitive team, but is also a great option for those that would like to continue the fun and development of the school season and/or Summer League throughout the year.

This group is geared towards High school swimmers at a Region level and pursuing HS state qualification and beyond. This is ideal for athletes preparing for the upcoming school season and looking for a way to stay active and race ready between seasons..

Spring 2024

Days	Times
Session 1 Feb 19th -March 8th	Mon-Thur 4-5p
Session 2: March 18th - May 10th	Mon-Thur: 4-5:30p

End of session practice meet will be held Friday, 5/11 at Centennial Sportsplex

Cost

Session 1: \$170

Session 2: \$630

Full session: \$699

For session 1 and session 2: 100% of payment is due at registration

For the full session, \$200 is due at registration, the remaining session fee will be billed March 15th.

Registration

Registration will be available online [HERE](#) beginning Monday, January 27th, 2024

Questions?

Contact Sarah Wharam, swimfit@swimnac.com
www.SwimNAC.com/SwimFit > Schedule and Pricing