



LEARN-TO-SWIM: SUMMER SESSIONS

Introducing our new Eight-Week Summer Session:

Join us for this beginner to immediate level swim class. This class is for kids that are not afraid of the water and are ready to learn to be independent swimmers! Students will work with an experienced instructor in the water and focus on elementary aquatic skills like breath control, floating and kicking independently. Ages 4-7. Class limit 4 (30 minute class).

2019 SUMMER SESSION: May 28- July 28

(8) 30 minute sessions
Ages: 4 to 7

RATES

Members: \$235
Sibling: \$215
Nonmembers: \$275

For more information or to register for a class, visit sportandhealth.com/programs/swimming or contact:

PROGRAM DIRECTOR: Jo Podlasek Vera

PHONE: 703.402.6104

EMAIL: jpodlasek@sportandhealth.com

LOCATION: McLean Sport&Health



SUMMER SESSION SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Learn-to-Swim 3:45p-4:15p		Learn-to-Swim 3:45p-4:15p		Learn-to-Swim 4:30p-5:00p		
No Class July 7		No Class July 2		No Class July 4		
ALL Make-Ups August 4		ALL Make-Ups July 30		ALL Make-Ups August 1		



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