



& TSUNAMI STROKE SCHOOL

The Tsunami Stroke School bridges the gap between swim lessons and swimming as a sport. This program is for swimmers ages 5 and up that already have the fundamentals of swimming but want to keep progressing their skills. We focus on improving each swimmer's stroke technique with a small group ratio of 6:1 and seek to introduce all four competitive strokes. Our professionally trained coaching staff are excited to share their passion for swimming!

Participants can choose from one day a week or multiple days, accommodating the busy schedule of multi-sport athletes. For more experienced students, our program can serve as a supplement to summer league and USA Swimming programs to allow swimmers to advance their skills in a more personalized setting.

Students must complete a free swim assessment. Please contact:

Program Director: Jo Podlasek Vera

Phone: 703.402.6104

Email: JPodlasek@sportandhealth.com

Location: McLean Sport&Health

GET STARTED TODAY!

For class times go to swim programs page
sportandhealth.com/programs/swimming.



sport&health

2019 SUMMER BLITZ

SCHEDULE

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---|---|---|--------|--|
| | | ORCA 5:15PM - 6:00PM MAKO 5:00PM - 6:00PM MAKO & SWORDFISH 6:00PM - 7:00PM | ORCA 5:15PM - 6:00PM MAKO 5:00PM - 6:00PM MAKO & SWORDFISH 6:00PM - 7:00PM | ORCA 5:15PM - 6:00PM MAKO 5:00PM - 6:00PM MAKO & SWORDFISH 6:00PM - 7:00PM | | ASK US ABOUT OUR LEARN-TO-SWIM PROGRAMS!! |

***NOTE: 3 Week Sessions are on Tuesday, Wednesday and Thursday. MAKO & SWORDFISH classes are offered at the same time.

ORCA (Ages 5 +)

Must be comfortable and able to submerge underwater. Class aimed at learning a length of freestyle with bi-lateral breathing and backstroke.

MAKO (Ages 7 - 10)

Must be able to swim 25 meters of free style and backstroke and ready to learn all four strokes. Class aims at learning the fundamentals of the four competitive strokes.

SWORDFISH (Ages 10+)

Must be legal in at least 3 strokes and ready to learn advanced competitive, lifelong swimming techniques.

BLITZ I

*Catch all make-up classes on THURSDAY June 13

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|-----------|-----------|-----------|-----------|-----------|-----------|------------|------------|
| May 28 | May 29 | May 30 | June 4 | June 5 | June 6 | June 11 | June 12 |
|-----------|-----------|-----------|-----------|-----------|-----------|------------|------------|

BLITZ II

*Catch all make-up classes on THURSDAY August 15

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|------------|------------|-------------|-------------|-------------|-------------|--------------|--------------|
| July 30 | July 31 | August 1 | August 6 | August 7 | August 8 | August 13 | August 14 |
|------------|------------|-------------|-------------|-------------|-------------|--------------|--------------|

FALL 2019 SESSION COMING SOON!!!

No Class November 19-25, All make-up classes December 9-16

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|------------------|-------------------|-------------------|-------------------|------------------|-------------------|-------------------|------------------|
| Week Of OCT 7 | Week Of OCT 14 | Week Of OCT 21 | Week Of OCT 28 | Week Of NOV 4 | Week Of NOV 11 | Week Of NOV 25 | Week Of DEC 2 |
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RATES

MEMBER RATES

Drop In: \$50

1 Week: \$140

Full Session: \$350

NON-MEMBER RATES

Drop In: \$57.50

1 Week: \$155

Full Session: \$390



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