



# & 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](mailto:JPodlasek@sportandhealth.com)**

**Location: McLean Sport&Health**

**GET STARTED TODAY!**

For class times go to swim programs page  
[sportandhealth.com/programs/swimming](http://sportandhealth.com/programs/swimming).



**sport&health**

# WINTER 2019

# SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ORCA 3:30PM - 4:15PM	ORCA 5:15PM - 6:00PM	ORCA 4:15PM - 5:00PM		ORCA 4:15PM - 5:00PM		ASK US ABOUT OUR LEARN-TO-SWIM PROGRAMS!!
ORCA 4:15PM - 5:00PM	MAKO 5:00PM - 6:00PM	MAKO 5:00PM - 6:00PM		MAKO 4:15PM - 5:15PM		
MAKO 5:00PM - 6:00PM	MAKO 6:00PM - 7:00PM	SWORDFISH 6:00PM - 7:00PM		MAKO 5:15PM - 6:15PM		
SWORDFISH 6:00PM - 7:00PM	SWORDFISH 6:00PM - 7:00PM			SWORDFISH 5:15PM - 6:15PM		

### 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.

#### SUNDAY

\*Catch all make-up classes on March 3

January 6	January 13	January 20	January 27	February 3	February 10	February 17	February 24
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#### MONDAY

\*Catch all make-up classes on March 3, March 5, or March 7

January 7	January 14	January 28	February 4	February 11	February 18	February 25	March 4
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#### Tuesday

\*Catch all make-up classes on March 5

January 8	January 15	January 22	January 29	February 5	February 12	February 19	February 26
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#### THURSDAY

\*Catch all make-up classes on March 7

January 10	January 17	January 24	January 31	February 7	February 14	February 21	February 28
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## RATES

8 Week Session, 1 Class Per Week

MEMBER RATES: \$350 (8 sessions)  
NONMEMBER RATES: \$390 (8 sessions)

**NO CLASS**

Monday, January 21

