



# & 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:**

**Phone:**

**Email:**

**Location:**



**GET STARTED TODAY!**

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

**sport&health**

# SCHEDULE

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
|        |        |         |           |          |        |          |

**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.

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**RATES**

