



# & 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: 1800 Old Meadow Rd, McLean VA**



**GET STARTED TODAY!**

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

**sport&health**

# FALL 2021

# SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ORCA / MAKO 9:00 AM - 9:55 AM						ORCA 45 Minute Classes
MAKO / SWORDFISH 10:00 AM - 10:55 AM 11:00 AM - 11:55 AM						ASK US ABOUT OUR LEARN-TO-SWIM PROGRAMS!!
ORCA / MAKO 4:00 PM - 4:55 PM	ORCA / MAKO 5:00 PM - 5:55 PM	ORCA / MAKO 5:00 PM - 5:55 PM		ORCA / MAKO 4:15 PM - 5:10 PM		
MAKO / SWORDFISH 5:00 PM - 5:55 PM 6:00 PM - 6:55 PM	MAKO / SWORDFISH 6:00 PM - 6:55 PM	MAKO / SWORDFISH 6:00 PM - 6:55 PM		MAKO / SWORDFISH 5:15 PM - 6:10 PM		

### 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.

#### TUESDAY

\*Catch all make-up classes on December 14

October 12	October 19	October 26	November 2	November 9	November 16	November 30	December 7
------------	------------	------------	------------	------------	-------------	-------------	------------

#### THURSDAY

\*Catch all make-up classes on December 16

October 14	October 21	October 28	November 4	November 11	November 18	December 2	December 9
------------	------------	------------	------------	-------------	-------------	------------	------------

#### SUNDAY

\*Catch all make-up classes on December 19

October 17	October 24	SATURDAY October 30	November 7	November 14	November 21	December 5	December 12
------------	------------	------------------------	------------	-------------	-------------	------------	-------------

#### MONDAY

\*Catch all make-up classes on December 13

October 18	October 25	November 1	November 8	November 15	November 22	November 29	December 6
------------	------------	------------	------------	-------------	-------------	-------------	------------

## RATES

**8 Week Session, 1 Class Per Week**  
 MEMBER RATES: \$350 (8 sessions)  
 NONMEMBER RATES: \$390 (8 sessions)

1800 Old Meadow Road, McLean VA

### NO CLASS

Tuesday, November 23  
 Thursday, November 25  
 Sunday, November 28



**sport&health**  
 sportandhealth.com