



# & 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**

# SPRING 2021

# SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ORCA / MAKO 9:15 / 9 AM - 10 AM	ORCA / MAKO / SWORDFISH 9:15 / 9 AM - 10 AM		ORCA / MAKO 9:15 / 9 AM - 10 AM		ORCA / MAKO 9:15 / 9 AM - 10 AM	
MAKO / SWORDFISH 10 AM - 11 AM 11 AM - 12 PM	10 AM - 11 AM 11 AM - 12 PM 12 PM - 1 PM 1 PM - 2 PM		MAKO / SWORDFISH 10 AM - 11 AM	ORCA / MAKO 4:15 / 4 PM - 5 PM	MAKO / SWORDFISH 10 AM - 11 AM	ASK US ABOUT OUR LEARN-TO-SWIM PROGRAMS!!
ORCA / MAKO 4:15 / 4 PM - 5 PM	ORCA / MAKO 5:15 / 5 PM - 6 PM	ORCA / MAKO 5:15 / 5 PM - 6 PM		MAKO / SWORDFISH 5 PM - 6 PM		
MAKO / SWORDFISH 5 PM - 6 PM 6 PM - 7 PM	MAKO / SWORDFISH 6 PM - 7 PM	MAKO / SWORDFISH 6 PM - 7 PM		MAKO / SWORDFISH 6 PM - 7 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 May 11

March 9	March 16	March 23	April 6	April 13	April 20	April 27	May 4
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#### THURSDAY

\*Catch all make-up classes on May 13

March 11	March 18	March 25	April 8	April 15	April 22	April 29	May 6
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#### SUNDAY

\*Catch all make-up classes on May 11, 13, or 10

March 14	March 21	March 28	April 11	April 18	April 25	May 2	May 9
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#### MONDAY

\*Catch all make-up classes on May 10

March 15	March 22	March 29	April 5	April 12	April 19	April 26	May 3
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## RATES

**8 Week Session, 1 Class Per Week**

MEMBER RATES: \$350 (8 sessions)

NONMEMBER RATES: \$390 (8 sessions)

No Classes March 30 - April 4

**1800 Old Meadow Road, McLean VA**

COVID MODIFIED RATIO

3 swimmer per 1 lane



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