

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 chose 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 a personalized setting.

Students <u>must</u> complete a <u>free</u> 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.



# **2021 SUMMER**

# SCHEDULE

SUNDAY	MONDAY	TUESDAY	EDNESDAY	THURSDAY	FRIDAY	SATURDAY
ORCA 4:15PM - 5:00PM  ORCA 5:15PM - 6:00PM  MAKO 5:00PM - 6:00PM  MAKO/ SWORDFISH 6:00PM - 7:00PM	ORCA/ MAKO /SWORDFISH 9:00AM - 10:00AM  ORCA 5:15PM - 6:00PM  MAKO 5:00PM - 6:00PM  MAKO/ SWORDFISH 6:00PM - 7:00PM	ORCA 4:15PM - 5:00PM  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	ORCA 5:15PM - 6:00PM MAKO 5:00PM - 6:00PM MAKO/ SWORDFISH 6:00PM - 7:00PM	ORCA/ MAKO /SWORDFISH 9:00AM - 10:00AM	Ask about our 8 Week & Blitz Learn-to-Swim Programs!!

#### ORCA (Ages 5 +)

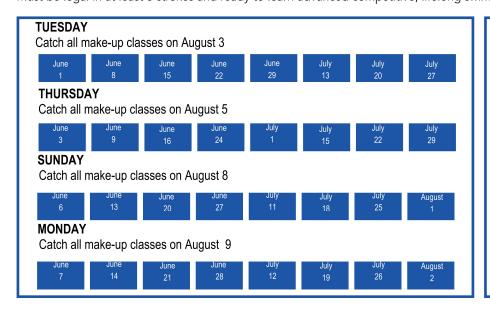
Must be comfortable and able to submerge underwater. Class aimed at learning a length of freestyle with bi-lateral breathing and backstroke.

#### 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.



## **RATES**

#### 8 Week Session

NO CLASS: July 4 - July 9

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

#### 3 Week BLITZ Sessions

Tuesday, Wednesday, & Thursday

DROP IN \$50 (M) \$57.50 (NM)
ONE WEEK: \$140 (M) \$155 (NM)
FULL SESSION: \$350 (M) \$390(NM)



