



& 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

Location: McLean Sport&Health



GET STARTED TODAY!
For class times go to swim programs page
sportandhealth.com/programs/swimming.

sport&health

2021 SUMMER

SCHEDULE

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

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 August 3

June 1	June 8	June 15	June 22	June 29	July 13	July 20	July 27
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THURSDAY

Catch all make-up classes on August 5

June 3	June 9	June 16	June 24	July 1	July 15	July 22	July 29
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SUNDAY

Catch all make-up classes on August 8

June 6	June 13	June 20	June 27	July 11	July 18	July 25	August 1
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MONDAY

Catch all make-up classes on August 9

June 7	June 14	June 21	June 28	July 12	July 19	July 26	August 2
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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)

