# 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!

**MIWS** 

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

GET STARTED TODA

For class times go to swim programs page sportandhealth.com/programs/swimming.

Location: McLean Sport&Health: 1800 Old Meadow Rd, McLean VA



## WINTER 2021 SCHEDULE

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

#### ORCA (Ages 5 +)

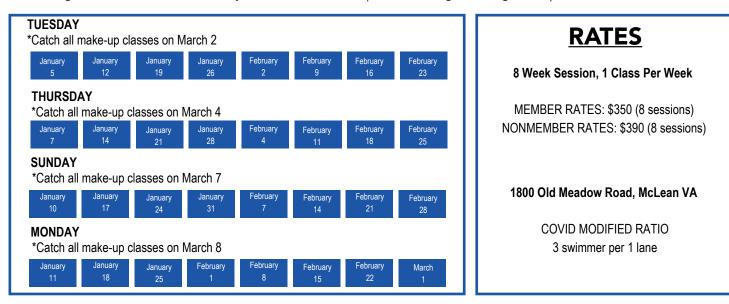
Must be comfortable and able to submerge underwater. Class aimed at learning a length of freestyle with bi-lateral breathing and backstroke.

#### 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.





### sport&health

sportandhealth.com