



& 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 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 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: 1800 Old Meadow Rd, McLean VA



GET STARTED TODAY!

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

sport&health

WINTER 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	ASK US ABOUT OUR LEARN-TO-SWIM PROGRAMS!!
MAKO / SWORDFISH 10 AM - 11 AM	10:15 / 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	
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 March 2

January 5	January 12	January 19	January 26	February 2	February 9	February 16	February 23
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THURSDAY

*Catch all make-up classes on March 4

January 7	January 14	January 21	January 28	February 4	February 11	February 18	February 25
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SUNDAY

*Catch all make-up classes on March 7

January 10	January 17	January 24	January 31	February 7	February 14	February 21	February 28
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MONDAY

*Catch all make-up classes on March 8

January 11	January 18	January 25	February 1	February 8	February 15	February 22	March 1
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RATES

8 Week Session, 1 Class Per Week

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

1800 Old Meadow Road, McLean VA

COVID MODIFIED RATIO
3 swimmer per 1 lane



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