



AQUATICS

LEARN TO SWIM

Beginner to intermediate level class (Ages 4-7)

This 30-minute class is designed for kids who are not afraid of the water and are ready to learn to be independent swimmers! Swimmers will work with an experienced instructor in the water with a maximum ratio of 4 swimmers to 1 swim instructor, 1 time per week.

Focus: Elementary aquatics skills including breath control, floating, and kicking independently.

Program Director: Jo Vera

Phone: 703.402.6104

Email: jpodlasek@onelifefitness.com

McLean Onelife Fitness
1800 Old Meadow Rd

SPRING: March 5 - May 6

MEMBER RATES

(8) 30 minute classes: \$235

2nd day/Sibling: \$215

NON-MEMBER RATES

(8) 30 minute classes: \$275

Same Weekly Class, (1) Time Per Week

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|------------------------------------|-----------|------------------------------------|--------|----------|
| Learn-to-Swim 2:30 PM - 3:00 PM 3:00 PM - 3:30 PM 3:30 PM - 4:00 PM | Learn-to-Swim 4:00 PM - 4:30 PM 4:30 PM - 5:00 PM | Learn-to-Swim 4:30 PM - 5:00 PM | | Learn-to-Swim 3:45 PM - 4:15 PM | | |
| NO CLASS March 31 | NO CLASS March 25 | NO CLASS March 26 | | NO CLASS March 28 | | |
| ALL MAKE UPS May 12 | ALL MAKE UPS May 13 | ALL MAKE UPS May 7 | | ALL MAKE UPS May 9 | | |

For more information about our McLean Onelife Fitness Group Swim Programs, please contact Program Director Jo Vera at jpodlasek@onelifefitness.com or 703.402.6104

Sorry, refunds or make-up days are not available for missed classes. However, if the club cancels the class, then either a make-up day or credit will be offered. If you have an injury and a physician's note, a credit will be given to your account. Program schedules may change or be cancelled due to low enrollment.



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