



& 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@onelifefitness.com

Location: McLean Onelife Fitness: 1800 Old Meadow Rd, McLean VA



GET STARTED TODAY!

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

sport&health

WINTER 2023

SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ORCA / MAKO 9:00 AM - 9:55 AM						ORCA 45 Minute Classes
MAKO / SWORDFISH 10:00 AM - 10:55 AM 11:00 AM - 11:55 AM						ASK US ABOUT OUR LEARN-TO-SWIM PROGRAMS!!
ORCA / MAKO 4:00 PM - 4:55 PM	ORCA / MAKO 5:00 PM - 5:55 PM	ORCA / MAKO 5:00 PM - 5:55 PM		ORCA / MAKO 4:15 PM - 5:10 PM		
MAKO / SWORDFISH 5:00 PM - 5:55 PM 6:00 PM - 6:55 PM	MAKO / SWORDFISH 6:00 PM - 6:55 PM	MAKO / SWORDFISH 6:00 PM - 6:55 PM		MAKO / SWORDFISH 5:15 PM - 6:10 PM MAKO / SWORDFISH 6:15 PM - 7:10 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 February 28

January 3	January 10	January 17	January 24	January 31	February 7	February 14	February 21
--------------	---------------	---------------	---------------	---------------	---------------	----------------	----------------

THURSDAY

*Catch all make-up classes on March 2

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

SUNDAY

*Catch all make-up classes on March 5

January 8	January 15	January 22	January 29	February 5	February 12	February 19	February 26
--------------	---------------	---------------	---------------	---------------	----------------	----------------	----------------

MONDAY

*Catch all make-up classes on March 6

January 9	January 16	January 23	January 30	February 6	February 13	February 20	February 27
--------------	---------------	---------------	---------------	---------------	----------------	----------------	----------------

RATES

8 Week Session, 1 Class Per Week

MEMBER RATES: \$350 (8 sessions)

NONMEMBER RATES: \$390 (8 sessions)

1800 Old Meadow Road, McLean VA



sport&health
sportandhealth.com