



# & 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@onelifefitness.com](mailto:JPodlasek@onelifefitness.com)**

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



**GET STARTED TODAY!**  
Scan for class times & programs



# Winter 2024

# 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						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	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 6:00 PM - 6:55 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 27

January 2	January 9	January 16	January 23	January 30	February 6	February 13	February 20
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### THURSDAY

\*Catch all make-up classes on February 29

January 4	January 11	January 18	January 25	February 1	February 8	February 15	February 22
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### SUNDAY

\*Catch all make-up classes on March 3

January 7	January 14	January 21	January 28	February 4	February 11	February 18	February 25
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### MONDAY

\*Catch all make-up classes on March 4

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

