

# 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.

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

**Program Director:** Jo Vera

**Phone:** 703.402.6104

**Email:** [jpodlasek@onelifefitness.com](mailto:jpodlasek@onelifefitness.com)

### RATES

**8 Week:** \$235(M)    \$275 (NM)

**Blitz:**    \$175(M)    \$205(NM)

**SUMMER (8) WEEK:** June 2 - August 3

**BLITZ** 3x per week (Mo, Tu, Th)

Session 1: June 2 - June 12

Session 2: June 16 - June 26

Session 3: July 7 - July 17

Session 4: July 21 - July 31

Session 5: August 4 - August 14

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>8 WEEK</b> <b>Learn-to-Swim</b>  2:30 PM - 3:00 PM 3:00 PM - 3:30 PM 3:30 PM - 4:00 PM  <b>NO CLASS: 7/6</b> <b>MAKE UPS: 8/10</b>	<b>8 WEEK</b> <b>Learn-to-Swim</b>  4:00 PM - 4:30 PM 4:30 PM - 5:00 PM  <b>NO CLASS: 6/30</b> <b>MAKE UPS: 8/4</b>  *****  <b>BLITZ I &amp; II</b> <b>Learn-to-Swim</b>  4:00 PM - 4:30 PM	<b>8 WEEK</b> <b>Learn-to-Swim</b>  4:00 PM - 4:30 PM 4:30 PM - 5:00 PM  <b>NO CLASS: 7/1</b> <b>MAKE UPS: 8/5</b>  *****  <b>BLITZ I &amp; II</b> <b>Learn-to-Swim</b>  4:00 PM - 4:30 PM		<b>8 WEEK</b> <b>Learn-to-Swim</b>  4:00 PM - 4:30 PM 4:30 PM - 5:00 PM  <b>NO CLASS: 7/3</b> <b>MAKE UPS: 8/7</b>  *****  <b>BLITZ I &amp; II</b> <b>Learn-to-Swim</b>  4:00 PM - 4:30 PM		

For more information about our McLean Onelife Fitness Group Swim Programs, please contact Program Director Jo Vera at [jpodlasek@onelifefitness.com](mailto: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.*