



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!

Scan for class times & programs



SUMMER 2025

SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 WEEK ONLY ORCA / MAKO 4:00 PM - 4:55 PM	8 WEEK ORCA / MAKO 5:00 PM - 5:55 PM	8 WEEK ORCA / MAKO 5:00 PM - 5:55 PM		8 WEEK ORCA / MAKO 5:00 PM - 5:55 PM		ORCA 45 Minute Classes
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 6:00 PM - 6:55 PM *****		ASK US ABOUT OUR LEARN-TO-SWIM PROGRAMS!!
MAKO / SWORDFISH 6:00 PM - 6:55 PM	BLITZ ORCA / MAKO 5:00 PM - 5:55 PM	BLITZ ORCA / MAKO 5:00 PM - 5:55 PM		BLITZ ORCA / MAKO 5:00 PM - 5:55 PM		
	MAKO/ SWORDFISH 6:00 PM - 6:55 PMPM	MAKO/ SWORDFISH 6:00 PM - 6:55 PM		MAKO/ SWORDFISH 6:00 PM - 6:55 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.

JUNE BLITZ - MONDAY, TUESDAY, THURSDAY

*Catch all make-up classes on June 18

June 2	June 3	June 5	June 9	June 10	June 12	June 16	June 17
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AUGUST BLITZ- MONDAY, TUESDAY, THURSDAY

*Catch all make-up classes on August 20

August 4	August 5	August 7	August 11	August 12	August 14	August 18	August 19
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SUMMER 8 Week

*Catch all make-up classes August 4 - 10

June 2 - 8	June 9 - 15	June 16 - 22	June 23 - 29	July 7 - 13	July 14 - 20	July 21 - 27	July 28 - August 3
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FALL

*Catch all make-up classes on December 15 - 21

October 14 - 20	October 21 - 27	Oct 28 - Nov 3	November 4 - 10	November 11 - 17	November 18 - 24	December 1 - 7	December 8 - 14
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RATES

8 Week Session, 1 Class Per Week

MEMBER \$350 (8 sessions)

NON-MEMBER : \$390 (8 sessions)

NO CLASSES June 30 - July 6

BLITZ I & II: Tuesday, Wednesday, Thursday

3 Week Session, 3x per week

DROP IN \$50 (M) \$57.50 (NM)

ONE WEEK \$140 (M) \$155 (NM)

FULL SESSION \$350 (M) \$390 (NM)

