



& 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!

Scan for class times & programs



Spring 2026

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				ORCA / MAKO 4:15 PM - 5:10 PM		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 / SWORDFISH 5:15 PM - 6:10 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 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.

SUNDAY

*Catch all make-up classes on May 10

March 8	March 15	March 22	March 29	April 12	April 19	April 26	May 3
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MONDAY

*Catch all make-up classes on May 11

March 9	March 16	March 23	April 6	April 13	April 20	April 27	May 4
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TUESDAY

*Catch all make-up classes on May 12

March 10	March 17	March 24	April 7	April 14	April 21	April 28	May 5
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THURSDAY

*Catch all make-up classes on May 14

March 12	March 19	March 26	April 9	April 16	April 23	April 30	May 7
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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

NO CLASSES

Monday, March 30
 Tuesday, March 31
 Thursday, April 2
 Sunday, April 5

