



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



FALL 2026

SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ORCA / MAKO 9:00 AM - 9:45 AM / 9:00 AM - 9:55 AM				ORCA/ MAKO 4:15 PM - 5:00PM / 4:15 PM - 5:10 PM		ORCA 45 Minute Classes
MAKO / SWORDFISH 10:00 AM - 10:55 AM				ORCA 5:15 PM - 6:00PM		ASK US ABOUT OUR LEARN-TO-SWIM PROGRAMS!!
ORCA / MAKO 4:00 PM - 4:45 PM / 4:00 PM - 4:55 PM	ORCA / MAKO 5:00 PM - 5:45 PM / 5:00 PM - 5:55 PM	ORCA / MAKO 5:00 PM - 5:45 PM / 5:00 PM - 5:55 PM		MAKO/ SWORDFISH 5:15 PM - 6:10 PM		ADULT SWIM COACHES in the water
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.

TUESDAY

*Catch all make-up classes on December 15

October 13	October 20	October 27	November 3	November 10	November 17	December 1	December 8
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THURSDAY

*Catch all make-up classes on December 17

October 15	October 22	October 29	November 5	November 12	November 19	December 3	December 10
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SUNDAY

*Catch all make-up classes on December 20

October 18	October 25	November 1	November 8	November 15	November 22	December 6	December 13
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MONDAY

*Catch all make-up classes on December 14

October 19	October 26	November 2	November 9	November 16	November 23	November 30	December 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

WINTER SESSION: January - March

NO CLASS

Tuesday, November 24

Thursday, November 26

Sunday, November 29

