



& 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

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



GET STARTED TODAY!

Scan for class times & programs



SUMMER 2026

SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 WEEK 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!!
	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 PM	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.

SUMMER 8 WEEK

*Catch all make-up classes August 3 - 9

June 1- 7	June 8-14	June 15- 21	June 22- 29	July 7- 12	July 13- 19	July 20- 26	July 27- August 2
--------------	--------------	----------------	----------------	---------------	----------------	----------------	----------------------

JULY BLITZ - MONDAY, TUESDAY, THURSDAY

*Catch all make-up classes on July 30

July 13	July 14	July 16	July 20	July 21	July 23	July 27	July 28
------------	------------	------------	------------	------------	------------	------------	------------

AUGUST BLITZ- MONDAY, TUESDAY, THURSDAY

*Catch all make-up classes on August 20

August 3	August 4	August 6	August 10	August 11	August 13	August 17	August 18
-------------	-------------	-------------	--------------	--------------	--------------	--------------	--------------

FALL 8 WEEK

*Catch all make-up classes December 15 - 21

October 13 - 19	October 20 - 26	Oct 27 - Nov 2	November 3 - 9	November 10 - 16	November 17 - 23	December 1 - 7	December 8- 14
--------------------	--------------------	-------------------	-------------------	---------------------	---------------------	-------------------	-------------------

RATES

8 Week Session, 1 Class Per Week

MEMBER RATES: \$350 (8 sessions)

NONMEMBER RATES: \$390 (8 sessions)

FLEXIBLE SESSION FOR SUMMER ONLY

NO CLASSES June 30 - July 6

BLITZ: MONDAY, TUESDAY, WEDNESDAY

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)

