



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

Contact: 703.402.6104 or jpodlasek@onelifefitness.com

Address: 1800 Old Meadow Road, McLean VA 22102

RATES

8 Week: \$235(M) \$275 (NM)

Blitz: \$175(M) \$205(NM)

SUMMER (8) WEEK: June 1 - August 2

BLITZ 3x per week (Mo, Tu, Th)- 6 classes

Session 1: June 1 - June 11

Session 2: June 15 - June 25

Session 3: July 13 - July 23

Session 4: July 27 - August 6

Session 5: August 10 - August 20

Session 5: August 24 - September 3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 WEEK Learn-to-Swim 2:30 PM - 3:00 PM 3:00 PM - 3:30 PM 3:30 PM - 4:00 PM NO CLASS: 7/5 MAKE UPS: 8/9	8 WEEK Learn-to-Swim 4:00 PM - 4:30 PM 4:30 PM - 5:00 PM NO CLASS: 7/6 MAKE UPS: 8/3 ***** BLITZ Learn-to-Swim 4:00 PM - 4:30 PM	8 WEEK Learn-to-Swim 4:00 PM - 4:30 PM 4:30 PM - 5:00 PM NO CLASS: 6/30 MAKE UPS: 8/4 ***** BLITZ Learn-to-Swim 4:00 PM - 4:30 PM		8 WEEK Learn-to-Swim 4:00 PM - 4:30 PM 4:30 PM - 5:00 PM NO CLASS: 7/2 MAKE UPS: 8/6 ***** BLITZ Learn-to-Swim 4:00 PM - 4:30 PM		BLITZ Sessions (6 classes) 8 WEEK Sessions (8 classes)

For more information about our McLean Onelife Fitness Group Swim Programs, please contact Program Director Jo Vera at 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.



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