



& 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
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 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!!

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.

MONDAY

*Catch all make-up classes on August 3

June 1	June 8	June 15	June 22	June 29	July 13	July 20	July 27
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TUESDAY

*Catch all make-up classes on August 4

June 2	June 9	June 16	June 23	July 7	July 14	July 21	July 28
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THURSDAY

*Catch all make-up classes on August 6

June 4	June 11	June 18	June 25	July 9	July 16	July 23	July 30
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SUNDAY

*Catch all make-up classes on August 9

June 7	June 14	June 21	June 28	July 12	July 19	July 26	August 2
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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, 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)

