



& 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 2025

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 | | | | | | 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 4:15 PM - 5:10 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 5:15 PM - 6:10 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 11

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| March 9 | March 16 | March 23 | March 30 | April 6 | April 13 | April 27 | May 4 |
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MONDAY

*Catch all make-up classes on May 12

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| March 10 | March 17 | March 24 | March 31 | April 7 | April 21 | April 28 | May 5 |
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TUESDAY

*Catch all make-up classes on May 13

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| March 11 | March 18 | March 25 | April 1 | April 8 | April 22 | April 29 | May 6 |
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THURSDAY

*Catch all make-up classes on May 15

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| March 13 | March 20 | March 27 | April 3 | April 10 | April 24 | May 1 | May 8 |
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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, April 14

Tuesday, April 15

Thursday, April 17

Sunday, April 20

