



Nation's Capital Swim Club

Training Site Information

Contacts:

Peter Morgan , Head Coach

**Ryan Westhafer,
Administrative Head Coach**

703-250-1299

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www.ncapburke.com

Registration by Appointment

Burke Racquet and Swim Club

**6001 Burke Commons Road Burke VA
22015**



Swimming Lessons

Winter 2024

6001 Burke Commons Road

Burke, VA 22015

703.250.1299

www.burkeclub.com

Policies:

- Registration is confirmed with payment only
- There are no refunds
- There are no make-ups
- Individual classes cancelled by BRSC will be rescheduled

Burke Racquet and Swim Club swim lessons are always taught in small groups.

Participants: While there is a provided family changing room on the deck and lobby area, we strongly recommend that your swimmer come dressed for their lesson as well as bundling up in warm clothes prior to leaving.

For safety: upon Completion of the lesson please bundle your swimmer and leave without using the locker room through the marked exit

Use of the pool other than class time is limited to members only

For the Safety of the Swimmers:

Please address any concerns



Adult Program Descriptions

Water Fitness

For Our Members**

Aquafit is a 55 minute cardio workout class exclusively for our members and their guests (guest fees apply).

Class Times: Mon/Wed/Fri: 8:30 am Saturday: 8:45 am M/W: 7:30 pm

For Everyone: Fee Based

Hydrofit is a 55 minute fee based specialty water aerobics class for both members and walk-in attendees.

Class Times: Monday/Wednesday 7:30 pm Saturday: 8:45 am

Deep Water Hydrofit is a 55 minute fee based deep water aerobics class for both members and walk-in attendees.

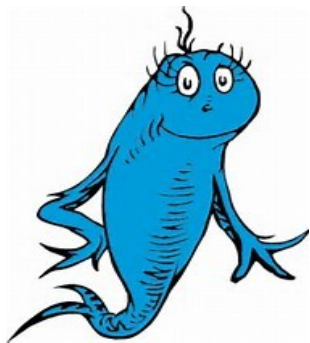
Class Times: Tues/Thurs: 9:00 am

Cost for classes:

Drop-in: Member: \$5 Non-member: \$12

Fitness Card - 8 class Card : \$40.00 for members
\$80 for non-members

** or their guests



Private Swimming Lessons

Single student*

\$51.00 per 30 minutes

Two or more students*

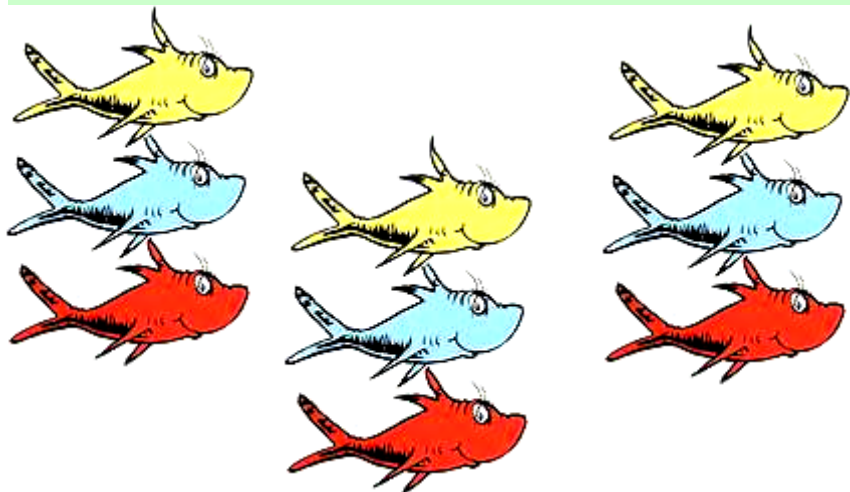
\$36.00 per person per 30 minutes

BRSC Members receive a 20% discount*

After the first 30 minutes classes will be charged in 15 minute increments at the prevailing rate.

All private lessons are arranged through the Aquatics Office.

703-250-1299 x 205 or email privatelessons@brscswimminglessons.com



Children's Program Course Descriptions

For children ages

6 months through 5 years

Mommy (or Daddy) and Me (ages 6 months to 42 months) 30 minute class

PAC: Designed for the parent and child to learn the enjoyment of water activity through games and group activities. Swimmer will learn basic water skills. \$240.00

Preschool (42 months through 5 years) 30 minute class

PS 1: Designed to introduce children to the aquatic environment and to help them acquire the basic swimming skills. \$240.00

PS 2: Designed to build on skills learned in Level One **Prerequisite:** comfortable with face in water and floating on back. \$240.00

PS 3: Designed to increase proficiency and build on previously learned skills by providing additional guided practice. **Prerequisite:** glide on back and swim on front for 10' feet with face in water. \$240.00

PS4: Designed to increase endurance and water safety awareness. **Prerequisite:** swim front crawl 20 feet and swim on back using a finning motion with a flutter kick for 20 feet as well as tread water for 30 seconds. \$240.00

Children's Program Course Descriptions

For children

6 years and older

Youth (ages 6 years and above)

30 Minute Classes

LTS 1: Designed for those who are new to the water environment. Water adjustment skills will be introduced. **Cost: 240.00**

LTS 2: Designed for those who have mastered the basic adjustment skills. **Prerequisite:** comfortable floating with their face in water for 5 seconds and roll to back float for 5 seconds. **Exit skills include:** Arm and leg movements for 15 ' on front and back. **Cost: 240.00**

LTS 3: Designed for those who have mastered the Level 2 skills **Prerequisite:** swim 15 yards free/back. Butterfly introduced. **Exit skills include:** Treading water for 60 second and swimming front crawl for 25 yards. **Cost: 240.00**



45 Minute Classes

LTS 4: Designed for those who can swim 15 yards freestyle and 15 yards backstroke continuously. Breaststroke and butterfly will be introduced. **Exit skills include:** 25 yards Front crawl and Elementary Backstroke, 15 yards Breaststroke. **Cost: 360.00**

LTS 5: Designed to refine strokes covered in previous levels and increase endurance. **Cost: 360.00**

Stroke School Sessions

Sunday (8 lessons)

Dates:

January 7th through February 25th

Times:

4:30 to 5:15

Freestyle/ Back

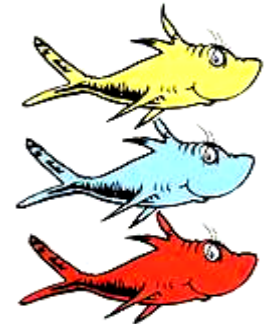
or

4:15 to 5:00

Butterfly/Breaststroke

Cost: \$360.00

Class sizes are limited



Competitive Stroke School

The Nation's Capital Swim Club Stroke School held at Burke Racquet and Swim Club is designed to assist the summer season competitive swimmer improve upon their skills during the off-season.

Each 45 minute lesson will focus on the technique and refinement of the skills to help participants improve upon their strokes as well as conditioning.

BRSC welcomes our local Summer Swim League Teams to join us

Prerequisites:

Each participant must be able to demonstrate correct arm and leg actions for each stroke as follows:

Freestyle: 10 yards with side breathing and horizontal body

Backstroke: 10 yards with a horizontal body position

Breaststroke: 6 yards with legal arms and kick

Butterfly: 6 yards with legal stroke and kick

Register for individual clinics or combine strokes as needed.

Kspina@nationscapitalswimming.com

To our Parents:

Success is the greatest motivator.



Winter Session Offerings

Session Dates

8 Lessons

Saturday

January 6th through February 24th



Sunday

January 7th through February 25th

Classes are limited enrollment. Please see inside front cover for details.



Saturday Lessons

January 6th through February 24th

Mommy (or Daddy) and me 10:30 am

PS1 11:05 am

PS2 11:05am

PS3 9:45 am

PS4 10:25 am

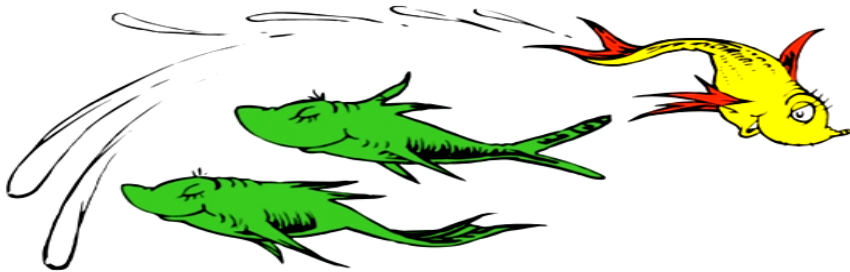
LTS1 9:45 am

LTS2 10:25 am

LTS3 11:45 am

LTS4 11:45 am

LTS5 11:45 am



Sunday Afternoon Lessons

January 7th through February 25th

PS 1 1:30 pm

PS2 1:30 pm

PS3 2:10 pm

PS4 2:10 pm

LTS1 2:50 pm

LTS2 2:50 pm

LTS3 3:30 pm

LTS4 3:30 pm

