



Nation's Capital Swim Club

Training Site Information

Contacts:

Peter Morgan , Head Coach

**Ryan Westhafer,
Administrative Head Coach**

703-250-1299

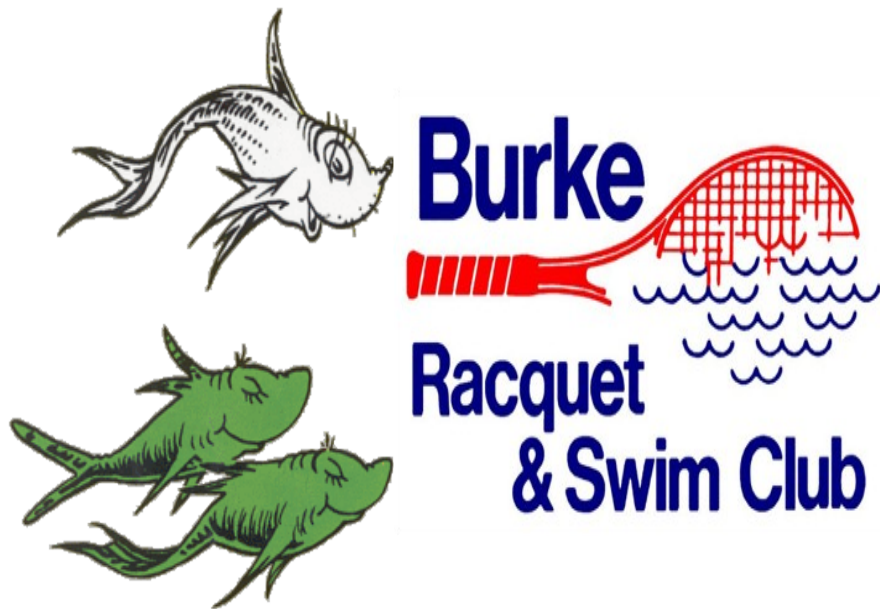
Email: ncap.burke@mail.com

www.ncapburke.com

Registration by Appointment

Burke Racquet and Swim Club

**6001 Burke Commons Road Burke VA
22015**



Swimming Lessons

Summer 2024



6001 Burke Commons Road

Burke, VA 22015

703.250.1299

www.burkeclub.com

Private Swimming Lessons

*Single student**

\$51.00 per 30 minutes

*Two or more students**

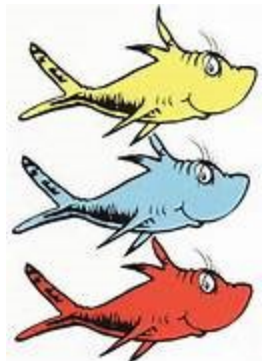
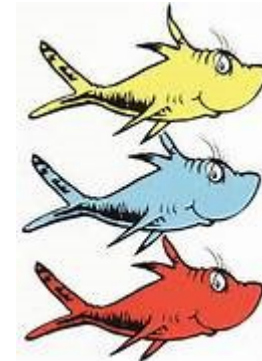
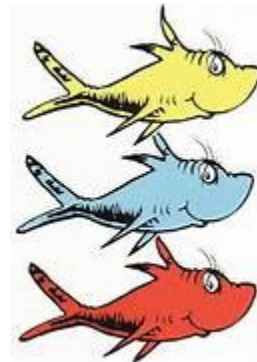
\$36.00 per person per 30 minutes

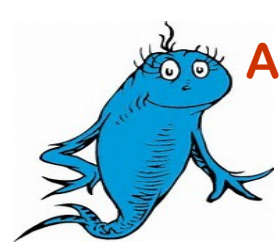
BRSC Members receive a 20% discount*

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.

email : privatelessons@brscswimminglessons.com





Adult Program Descriptions

US Masters Swimming

BRSC offers a competitive adult swim program for athletes of abilities-from beginning swimmers to national and world class swimmers

Anyone college age or older, who can swim at least 400 yards (any combination of strokes) may join our Masters

Tuesday and Thursday **8:00 to 9:00 PM**

Sunday: **9:00 to 10:30 am**

Membership includes : Club and pool access 7 days per week as well as 3 coached workouts per week

Facilities include: 12 lane 25 yard pool, Cybex weight room, cardio workout room, fitness studio, tennis courts

Cost per month: \$70.00

One time initiation fee \$ 200 per individual /\$350.00 per family of 2 or more

Annual membership to USMS is required.

To “drop in”, please contact **Head Coach Ben Viellieu** at benjamin.viellieu@gmail.com prior to the practice

Policies:

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

Participants: While there is a provided family changing room on the deck, we strongly recommend that your swimmer come dressed for their lesson.

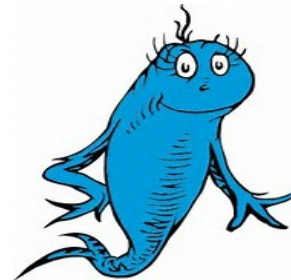
Use of the pool other than class time is limited to members only

For the Safety of the Swimmers:

Please address any concerns

you may have with the on Deck

Coordinator.



Summer Session Offerings

Daytime Lessons

Monday through Thursday

2 week session 8 lessons

Session 1 June 17 through June 27

Session 2 July 8 through July 18

Session 3 July 22 through August 1

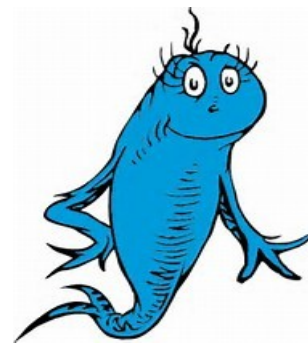
2 week session 8 lessons

PS1	10:30am
PS2	10:30 am
PS3	11:05 am
PS4	11:40am
LTS1	11:05am
LTS2	11:40 am
LTS3	12:15 pm

Cost for 8 lessons: \$240.00

LTS4 12:15pm 45 minute class

Cost for 8 lessons: \$360



Adult Program Descriptions

Water Fitness

For Our Members

Aquafit is a 50 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 Mon/Wed: 7:00 pm

For Everyone: Fee Based

Hydrofit is a 50 minute fee based specialty water aerobics class for both members and walk-in attendees.

Class Times: Mon/Wed: 7:00 pm Saturday: 8:45 am

Deep Water Hydrofit is a 50 minute fee based deep water aerobics class for both members and walk-in attendees.

Class Times: Tues/Thurs: 9:00 am

Cost for classes

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

\$ 40.00 for members

Summer Session Offerings

Sunday Lessons

June 23 through July 28 (5 lessons)

No class held on July 7th

Mommy and Me 1:30 pm

PS1 2:05pm

PS2 2:05 pm

PS3 2:40 pm

PS4 3:15 pm

LTS1 2:40 pm

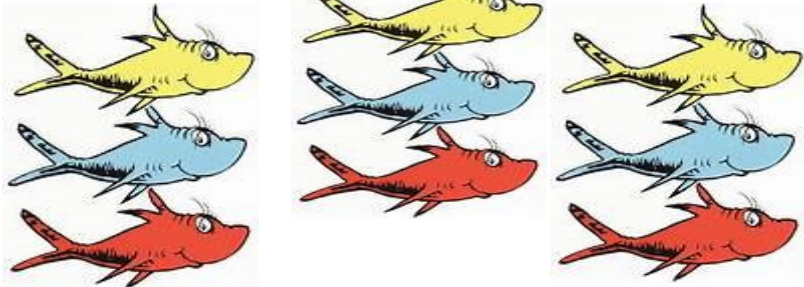
LTS2 3:15 pm

LTS3 3:15 pm

Cost for 5 lessons: \$150.00

LTS4 3:15 pm 45 minute class

Cost for 5 lessons: \$ 225.00



Summer Session Offerings

Evening Lessons

Tuesday /Thursday

2 weeks 4 lessons

Session 1 June 18 through June 27

Session 2 July 9 through July 18

Session 3 July 23 through August 1

PS1 5:00 pm

PS2 5:00 pm

PS3 5:35 pm

PS4 6:10 pm

LTS1 5:35pm

LTS2 6:10 pm

LTS3 6:10 pm



Cost for 4 lessons: \$125.00

Course Descriptions

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

25 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.

Preschool (42 months through 5 years) 25 minute class

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

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

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.

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.



Course Descriptions

Youth (ages 6 years and above) 30 minute class

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

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.

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.

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. **** 45 minute class**

