



***Swimming
Lessons
Winter 2026***

6001 Burke Commons Road

Burke, VA 22015

703.250.1299

www.burkeracquet.com

Policies:

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

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

Due to our commitment to small classes, makeups are not possible

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

you may have with the on Deck

Coordinator.

Children's Program Course Descriptions

For children ages

6 months though 5 years

Mommy (or Daddy) and Me (*ages 6 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. **Cost: \$248.00**

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

PS 2: Designed to build on skills learned in Level One

Prerequisite: comfortable with face in water and floating on back. **Cost: \$248.00**

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. **Cost: \$248.00**

PS 4: Designed to increase endurance and water safety awareness.

Prerequisite: swim front crawl 20 feet and swim on back using a finning motion with flutter kick for 20 feet. Tread water for 30 seconds. **Cost: \$248.00**



Children's Program Course Descriptions

For Youth ages

6 years and older

30 Minute Classes

LTS 1: Designed for those who are new to the water environment. Water adjustment skills will be introduced. **Cost: 248.00**

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: 248.00**

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: 248.00**

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: 372.00**

LTS 5: Designed to refine strokes covered in previous levels and increase endurance. **Cost: 372.00**

Saturday Morning Lessons

January 10 – February 28, 2026

Mommy (or Daddy) and me 9:45 am

PS1 10:45 am

PS2 10:45 am

PS3 9:45 am

PS4 10:15 am

LTS1 9:45 am

LTS2 10:15 am

LTS3 11:15 am

LTS4 11:15 am

LTS5 11:15 am



Sunday Afternoon Lessons

January 11 – March 1, 2026

PS 1 1:30 pm

PS2 1:30 pm

PS3 2:00 pm

PS4 2:30 pm

LTS1 2:00 pm

LTS2 2:30 pm

LTS3 3:00 pm

LTS4 3:00 pm

Competitive Stroke School

Sunday (8 lessons)

January 11th — March 1st

3:30pm — 4:15pm

Cost \$372

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

Class sizes are limited



Private Swimming Lessons

*Single student**

\$52.00 per 30 minutes

*Two or more students**

\$37.00 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. Cancellation Fee applies when less than 12 hours notice.

All private lessons are arranged through the Aquatics Office.

Email: privatelessons@brscswimminglessons.com

