



***Swimming  
Lessons  
Summer  
2026***

6001 Burke Commons Road  
Burke, VA 22015  
703.250.1299

[www.burkeracquet.com](http://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 through 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.

## **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.

**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.

**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.



## 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.

**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.

### *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.

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

**Sunday Afternoon Lessons  
June 7 through July 26 (7 lessons)**

**No class held on July 5th**



<b>Mommy and Me</b>	<b>1:30 pm</b>
<b>PS1</b>	<b>2:00pm</b>
<b>PS2</b>	<b>2:00 pm</b>
<b>PS3</b>	<b>2:30 pm</b>
<b>PS4</b>	<b>3:00 pm</b>
<b>LTS1</b>	<b>2:30 pm</b>
<b>LTS2</b>	<b>3:00 pm</b>
<b>LTS3</b>	<b>3:00 pm</b>



**Cost for 7- 30 minute lessons: \$217.00**

**LTS4                      3:30 pm**

**Cost for 7-45 minute lessons: \$ 326.00**

**Daytime Lessons**  
**Monday through Thursday**  
**2-week session 8 lessons**



**Session 1** June 22 through July 2

**Session 2** July 6 through July 16

**Session 3** July 20 through July 30



PS1	10:30am
PS2	10:30 am
PS3	11:00 am
PS4	11:30 am
LTS1	11:00 am
LTS2	11:30 am
LTS3	12:00 pm

**Cost for 8-30 minute lessons: \$248.00**

**LTS4 12:00 pm**

**Cost for 8-45 minute lessons: \$372.00**

Class sizes are limited



***Evening Lessons***  
***Tuesday /Thursday***  
**2 weeks - 4 lessons**

- Session 1** June 23 through July 2  
**Session 2** July 7 through July 16  
**Session 3** July 21 through July 30

PS1 5:00 pm  
PS2 5:00 pm  
PS3 5:30 pm  
PS4 6:00 pm  
LTS1 5:30pm  
LTS2 6:00 pm  
LTS3 6:00 pm

**Cost for 4- 30 minute lessons: \$124.00**

## 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](mailto:privatelessons@brscswimminglessons.com)

