Burke Racquet & Swim Club

Swimming Lessons Winter 2027

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 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. 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 (8)

January 9th through March 6th

No Class held on 2/20

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 (8)

January 10th through March 7th

No Class held on 2/21

PS 1	*1:00 pm*
PS2	*1:00 pm*
PS3	*1:30 pm*
PS4	*2:00 pm*
LTS1	*1:30 pm*
LTS2	*2:00 pm*
LTS3	*3:00 pm*
LTS4	*2:30 pm*

Competitive Stroke School

Sunday (8 lessons)

January 10th through March 7th

(no class on 2/21)

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: **15 yards with side breathing and horizontal body**

Backstroke: **15 yards with a horizontal body position**

Breaststroke: **10 yards with legal arms and kick**

Butterfly: **10 yards with legal stroke and kick**

Class sizes are limited







Private Swimming Lessons

*Single student**

$55.00 per 30 minutes

*Two or more students**

$40.00 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

