

Burke

**Racquet
& Swim Club**
Aquatic Education Center

*Aquatics
Education Program
2015- 2016*



6001 Burke Commons Rd
Burke, VA 22015

Telephone: 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**

Minimum enrollments are required

**Participants must use gender specific
locker rooms or the provided family
changing room**

**Swimming outside of classes is limited to
members only**

**For the Safety of the Swimmers:
Please address any concerns
you may have with the on deck
coordinator**

Class Offerings

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Children's Program Course Descriptions

Mommy and Me

*For children
ages 6 to 42 months*

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.

Saturdays: 10:30 to 10:55 am

Cost for Mommy and Me classes: \$97

*Members receive a
20% discount*



**In order to assure the safety
of the participants
Make-ups are not available**

Preschool

*Designed for children
42 months through 5 years*

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

Mondays: 5:00 to 5:25 pm

Saturdays: 10:00 to 10:25 am

Saturdays: 11:30 to 11:55 am

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

Prerequisite: comfortable with face in water and floating on back.

Mondays: 5:00 to 5:25 pm

Saturdays: 10:30 to 10:55 am

Saturdays: 11:30 to 11:55 am

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.

Mondays: 5:00 to 5:25 pm

Saturdays: 10:00 to 10:25 am

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 second also required .

Mondays: 5:00 to 5:25 pm

Saturdays: 10:00 to 10:25 am

Cost for Preschool classes: \$97

*Members receive a
20% discount*

Need a little extra?

Private instruction for Adults and
Children is available.

Please inquire at the front desk.

Youth

ages 6 years and above

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

Mondays: 5:30 to 6:00 pm

Saturdays: 10:30 to 11:00 am

Cost for class: \$97

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 feet on front and back.

Mondays: 5:00 to 5:30 pm

Mondays: 5:30 to 6:00 pm

Saturdays: 11:00 to 11:30 am

Cost for class: \$97

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

Mondays: 5:30 to 6:00 pm

Saturdays: 11:00 to 11:30 am

Cost for class: \$97

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. 55 min. class

Mondays: 5:00 to 5:55 pm

Saturdays: 11:30 am to 12:25 pm

Cost for class: \$192

LTS 5: Designed for those who have mastered the four basic strokes. Stroke refinement and endurance will be emphasized. 55 min. class.

Saturdays: 9:00 to 9:55 am

Cost for class: \$192

*Members receive a
20% discount*



2015 to 2016 Session Dates

Session 1 8 classes

Monday

September 21 through November 16

no classes held 10/12

Saturday

September 26 through November 21

no classes held 10/10

Session 2 8 classes

Monday

November 30 through February 8

no classes held 12/21, 12/28 and 1/18

Saturday

December 5 through February 6

no classes held 12/26 and 1/2

Session 3 6 classes*(25% discount)*

Monday

February 22 through April 11

no classes held 3/21 and 3/28

Saturday

February 20 through April 9

no classes held 3/19 and 3/26

Session 4 8 classes

Monday

April 18 through June 13

no classes held 5/230

Saturday

April 16 through June 11

no classes held 5/28



Competitive Stroke Schools



The Nations Capital Swim Club

Competitive Swim School held at the Burke Racquet and Swim Club is designed to assist the summer season competitive swimmer improve upon their skills during the off-season.

Each session 50 minute session will focus on the technique and refinement of skill to help participants improve their stroke.

BRSC welcomes our local Summer Leagues Teams to join us during the off-season for a winter of swimming.

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.

Group Rates Available. For information contact Kim Spina at

703-250-1299

To our Parents:
Success is the greatest motivator.

Sunday Stroke School Schedule

Session 1 6 classes

Dates: October 18 through November 22, 2015

3:00 pm Freestyle Cost: \$150.00

4:00 pm Backstroke Cost: \$150.00

5:00 pm Breaststroke Cost: \$150.00

Session 2 6 classes

Dates: January 10 through February 14, 2016

3:00 pm Breaststroke Cost: \$150.00

4:00 pm Butterfly Cost: \$150.00

5:00 pm Freestyle Cost: \$150.00

Session 3 6 classes

Dates: February 21 through April 10, 2016

No classes held 3/20 and 3/27, 2016

3:00 pm Butterfly Cost: \$150.00

4:00 pm Freestyle Cost: \$150.00

5:00 pm Backstroke Cost: \$150.00

Session 4 6 classes

Dates: April 17 through May 22, 2016

3:00 pm Freestyle/Back Cost: \$150.00

4:00 pm Breaststroke Cost: \$150.00

5:00 pm Butterfly Cost: \$150.00

**Students, who at time of registration, sign up for
3 or more Stroke Clinic
sessions receive a 10% discount
No other discounts apply**

**Please specify session and stroke time at registration
There are no refunds/makeups**

Adult Program Descriptions

Back to Basics

Adult group lessons (small groups) designed to refine swimming skills which support swimming as part of a regular fitness routine.

Advanced (*Drop in only and on-going*)

Adult Drop in rate \$20.00

Wednesdays: 10:30 to 11:15 am

Fridays: 10:30 to 11:15 am

Beginner (*minimum enrollment required*)

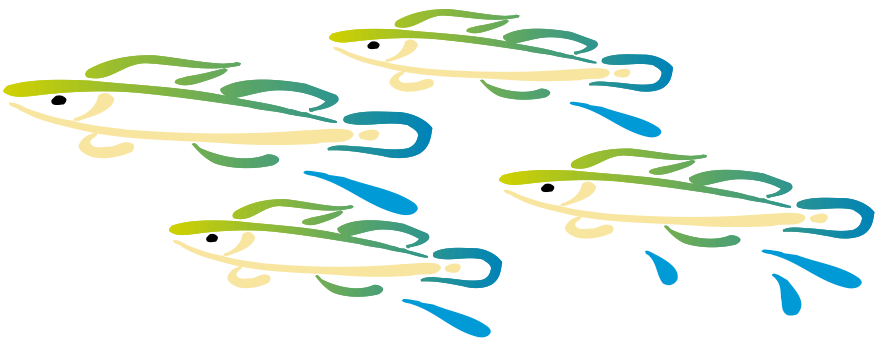
Saturdays: 9:15 to 10:00 am

Cost for 8 sessions:

\$145.00

Minimum of 3 enrollment required

Members receive a 20% discount



Adult 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: 9:00 am

Tue/Thu: 8:00 pm

**and their guests

For Everyone: Fee Based

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

Class Times:

Tue/Thu: 8:00 pm

Saturday: 9:00 am

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

Mon/Wed/Fri: 9:45 am

Saturday: 10:00 am

Cost for classes:

\$5.00 member drop-in

\$10.00 for non-member drop-in

Fitness Card - 12 class Card

\$60.00 for members

\$ 80 for non-members

Lifeguard Academy Courses

American Red Cross Lifeguard Training

Must be 15 years and older

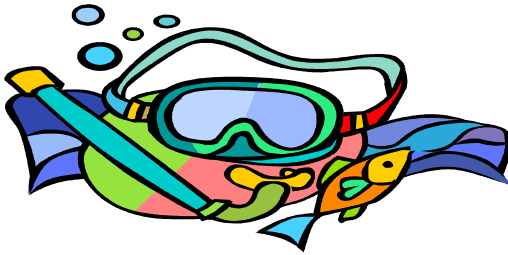
Course length: 27 hours

Description: Class is to provide the entry level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies as well as professional level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical personnel takeover. **Prerequisites are:** must be able to swim 300 yards, tread water for two minutes using only legs and complete a timed event. **Attendance at all sessions is required. Off site deep water will be utilized.**

Session Dates:

Session: May 22 through May 25, 2016

Cost: \$325.00



Private Swimming Lessons

*Single student**

\$45.00 per 30 minutes

*Two or more students**

\$29.00 per person per 30 minutes

*BRSC Members receive a 20% discount

All private lessons are arranged through the Aquatics Office.
703-250-1299 x 205

Credit card payment required at time of reservation

Nation's Capital Swim Club

Training Site Information

**Burke Racquet and Swim Club
6001 Burke Commons Road
Burke VA 22015**

Contacts:

**Pete Morgan
Head Coach**

**Susie Hutchison
Administrative Head Coach**

703-250-1299

**NCAP-Burke@cox.net
Registration arranged by appointment only**

www.nationscapitalswimming.com



Coaches Corner

Learning to swim is a valuable skill to learn. Swimming is one of the few activities which can be pursued throughout life.

Good Swimming is a skill which takes many hours of practice and although it may look effortless, it requires much thought and **physical power**. As with any craft, it must be “honed” in order to be perfected.

A swimmer’s improvement will be measured not only by the times and finishes of their races, but also with the amount of time practicing the skill correctly and the effort put forth by the body and the mind.



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