

## Individualized Programming

### Private Swimming Lessons

#### Single student\*

\$ 30.00 per 30 minutes

#### Two or more students\*

\$20.00 per person per 30 minutes

\*Non-members will be charged the following additional administrative fees:

\$5.00 per lesson

\$15.00 for a prepaid group of five or more lessons

All private lesson are arranged through the Aquatics Office 703-250-1299 x205

*Credit card payment is required at the time of reservation*

### Transitions IP

An individualized program to bridge the gap between physical therapy and full range of activity. You and your facilitator will develop and implement a comprehensive program to work towards your goals.

\$95.00 per hour\*

Non member administration fees apply and are additional\*

## Adult 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

Sat: 9:00 AM

Mon/Wed: 7:30 PM

\*\* and their guests

### For Everyone

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

Class Times:

Mon/Wed/Fri: 9:45 AM

Mon/Wed: 7:30 PM

Sat: 9:00 AM

**Aqua Zumba** "the name says it all"

Tuesday: 10:45 AM

Thursday: 11:30 AM

**AquaKickBox** Low impact/high cardio workout

Tuesday: 9:30 AM

Thursday: 9:00 AM

Cost for classes:

\$5.00 member drop-in \$10.00 non-member drop-in

Fitness Card - 12 classes per Card

\$60.00 for members \$78 for non-members

## Swim Lesson Schedule

### Mondays

February 6 through March 26, 2012

### Wednesdays

February 8 through March 28, 2012

### Fridays

February 10 through March 30, 2012

### Saturdays

February 4 through March 24, 2012

Payment is due at the time of registration

**No refunds**

**Class sizes are limited**

**No make-ups**



## Early Spring 2012 Aquatics Education Program

Curl Burke Aquatic Education  
Center at the  
Burke Racquet and Swim Club



6001 Burke Commons Road  
Burke, VA 22015

Telephone: 703-250-1299

[www.burkeclub.com](http://www.burkeclub.com)

**Visit our website for the latest on  
class offerings and updates.**

# Program Descriptions

## Mommy and Me

ages 6 to 42 months

**Level One:** Designed for the parent and child to learn the enjoyment of water activity through games and group activities.

**Mondays: 3:30 to 3:55 pm**

**Saturdays: 10:30 to 10:55 am**

**Level Two:** Designed for the parent and child to learn basic water adjustment skills through interactive games and water play.

**Saturdays: 10:00 to 10:25 am**

Cost for the 8 sessions:

\$75 for members

\$90 for non-members

## Preschool

Designed for children  
42 months through 5 years

**Level One:** Designed to introduce children to the aquatic environment and to help them acquire the basic swimming skills.

**Mondays: 2:00 to 2:25 pm**

**Wednesdays: 11:15 to 11:40 am**

**Saturdays: 10:00 to 10:25 pm**

**Level Two:** Designed to build on skills learned in Level One.

**Mondays: 2:30 to 2:55 pm**

**Saturdays: 10:30 to 10:55 am**

**Level Three:** Designed to increase proficiency and build on previously learned skills by providing additional guided practice.

**Mondays: 3:00 to 3:30 pm**

**Saturdays: 10:00 to 10:30 am**

Cost for the 8 sessions:

\$75 for members

\$90 for non-members

## Youth

ages 6 years and above

**Level One:** Designed for those who are new to the water environment. Water adjustment skills will be introduced. 30 minute class.

**Mondays: 2:30 to 3:00 pm**

**Saturdays: 10:30 to 11:00 am**

Cost for the 8 sessions:

\$75 for members / \$90 non-members

**Level Two:** Designed for those who have mastered the basic adjustment skills and are comfortable floating with their face in water for 5 seconds and roll to back float for 5 seconds. Arm and leg movements for 15 feet on front and back. 30 minute class.

**Mondays: 2:00 to 2:30 pm**

**Mondays: 3:00 to 3:30 pm**

**Saturdays: 11:00 to 11:30 am**

Cost for the 8 sessions:

\$75 for members / \$90 non-members

**Level Three:** Designed for those who have mastered the Level 2 skills. Must be able to swim 15 yards free/back. Butterfly introduced. 30 minute class.

**Mondays: 2:30 to 3:00 pm**

**Mondays: 3:30 to 4:00 pm**

**Saturdays: 11:00 to 11:30 am**

Cost for the 8 sessions:

\$75 for members / \$90 non-members

**Level Four:** Designed for those who can swim 15 yards freestyle and backstroke continuously. Breaststroke and butterfly will be introduced. 45 minutes.

**Mondays: 3:00 to 3:45 pm**

**Saturdays: 11:30 to 12:15 am**

Cost for the 8 sessions:

\$98 for members / \$120 non-members

**Level Five:** Designed for those who have mastered the four basic strokes. Stroke refinement and endurance will be emphasized. 60 minute class

**Saturdays: 9:00 to 10:00 am**

Cost for the 8 sessions:

\$145 for members / \$168 non-members

## Adult Swim

### Back to Basics

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

**Wednesdays: 10:30 to 11:15 am**

**Fridays: 10:30 to 11:15 am**

**Saturdays: 9:15 to 10:00am**

Cost for 8 sessions:

\$98 for members

\$120 for non-members

Minimum of 3 enrollment required

### Need a little extra?

Private instruction for Adults and Children is available.

Please inquire at the front desk.

In order to assure the safety of each swimmer, make-ups are not available.

