



## Nation's Capital Swim Club

### Training Site Information

#### Contacts:

**Peter Morgan**  
*Head Coach*

**Susie Hutchison**  
*Administrative Head Coach*

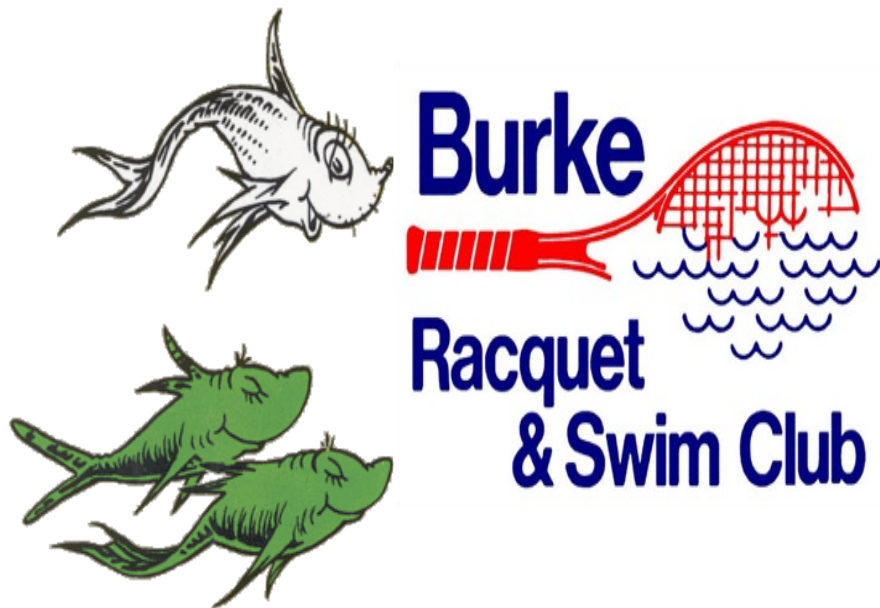
703-250-1299

[NCAP-Burke@cox.net](mailto:NCAP-Burke@cox.net)

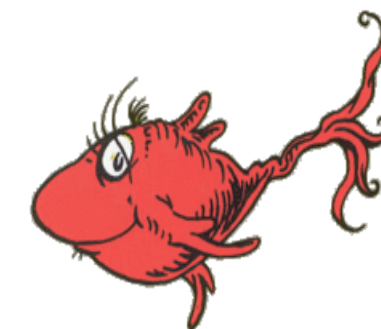
[www.nationscapitalswimming.com](http://www.nationscapitalswimming.com)

*Registration by Appointment*

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



**Burke**  
  
**Racquet  
& Swim Club**



**Swimming Lesson  
Program  
FALL 2019**



6001 Burke Commons Road  
Burke, VA 22015  
703.250.1299  
[www.burkeclub.com](http://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
- Use of the pool other than class time is limited to members only
- Most classes are structured for small groups
- BRSC Staff reserves the right to restructure any class as needed

Members receive a 20% discount on Swim Lessons  
(Stroke School not included)

## For the Safety of the Swimmers:

Please address any concerns you may have with the on deck coordinator.

## Stroke School Schedule 2019-2020

### *SUNDAY*

Sessions	Session 1	Session 2	Session 3
	September 29th through November 24th (no class on 10/13)	January 5th through March 1st (no class on 2/16)	March 15th through May 17th (no class on 4/5 and 4/12)
4:00-4:45	Freestyle and Backstroke	Breaststroke and Butterfly	Freestyle and Backstroke
5:00-5:45	Breaststroke and Butterfly	Freestyle and Backstroke	Breaststroke and Butterfly

Cost per session: \$185.00

# Competitive Stroke School

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 session will focus on the technique and refinement of the skills to help participants improve upon their stroke.

BRSC welcomes our local Summer Swim League 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 [Kspina@nationscapitalswimming.com](mailto:Kspina@nationscapitalswimming.com)

**To our Parents:**  
Success is the greatest motivator.

## Class Offerings

<i>Parent and Child Program (6 mos through 42 mos)</i>	<i>3</i>
<i>Preschool Classes (3 1/2 yrs through 5 yrs)</i>	<i>3</i>
<i>Learn to Swim Classes (6 yrs through 13 yrs)</i>	<i>4</i>
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# Preschool Program Course Descriptions

## Mommy (or Daddy) and Me (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.

**Cost:** \$ 90

**Saturday:** 10:30 to 10:55 am

## Preschool (42 months through 5 years)

**PS 1:** Designed to introduce children to the aquatic environment and to help them acquire the basic swimming skills. **Cost:** \$ 138

**Monday:** 5:00 to 5:25 pm

**Tuesday :** 5:30 to 5:55 pm

**Thursday :** 5:00 to 5:25 pm

**Saturday :** 10:30 to 10:55 am

**Sunday :** 3:30–3:55pm

**PS 2:** Designed to build on skills learned in Level One. **Prerequisite:** comfortable with face in water and floating on back. **Cost:** \$ 138

**Monday:** 5:00 to 5:25 pm

**Tuesday:** 5:30 to 5:55 pm

**Thursday:** 5:00 to 5:25 pm

**Saturday:** 10:00 to 10:25 am

**Sunday:** 3:30 to 3:55 pm

**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:** \$ 138

**Monday :** 5:00 to 5:25 pm

**Tuesday:** 5:30 to 5:55 pm

**Thursday :** 5:30 to 5:55 pm

**Saturday:** 10:00 to 10:25 am

**Sunday:** 3:30 to 3:55 pm

**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' Tread water for 30 second also required . **Cost:** \$138

**Monday:** 5:00 to 5:25 pm

**Tuesday:** 6:00 to 6:25 pm

**Thursday :** 5:30 to 5:55pm

**Saturday :** 10:00 to 10:25 am

**Sunday :** 3:30 to 3:55 pm

# Private Lessons

**Single student\***

\$47.00 per 30 minutes

**Two or more students\***

\$29.00 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.

All private lessons are arranged through the Aquatics Office.

Please note: There is a fee of \$25.00 for lessons cancelled with less than 24hrs notice to the instructor

Please email [kspina@nationscapitalswimming.com](mailto:kspina@nationscapitalswimming.com)



# 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 **Mon/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: **Mon/Tues/Thurs:** 8:00 pm **Saturday:** 8:45 am

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

Class Times: **Mon/Wed/Fri:** 9:45 am **Tues/Thurs:** 9:30 am

**Cost for classes:** \$5.00 member drop-in **\$10.00 for non-member drop-in**

**Fitness Card - 10 class Card** \$50.00 for members **\$ 80 for non-members**

\*\* or their guests

# Children's Program Course Descriptions

## Youth (ages 6 years and above)

**LTS 1:** Designed for those who are new to the water environment. Water adjustment skills will be introduced. 30 minute class **Cost: \$ 138**

**Monday :** 5:30 to 6:00 pm  
**Tuesday :** 6:00 to 6:30  
**Thursday:** 5:00 to 5:30 pm  
**Saturday:** 10:30 to 11:00 am  
**Sunday :** 3:00 to 3:30 pm

**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. 30 minute class. **Cost : \$ 138**

**Monday :** 5:30 to 6:00 pm  
**Tuesday :** 6:00 to 6:30 pm  
**Thursday :** 5:30 to 6:00 pm  
**Saturday :** 11:00 to 11:30 am  
**Sunday :** 3:00 to 3:30 pm

**LTS 3:** Designed for those who have mastered the Level 2 skills **Prerequisite:**swim 15 feet of free and back. Butterfly introduced. **Exit skills include:** Treading water for 60 seconds and swimming front crawl for 15 yards. 30 minute class. **Cost \$ 138**

**Monday :** 5:30 to 6:00 pm  
**Tuesday:** 6:00 to 6:30 pm  
**Thursday:** 6:00 to 6:30 pm  
**Saturday:** 11:00 to 11:30 am  
**Sunday:** 3:00 to 3:30 pm

**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. 45 min. class. **Cost : \$205**

**Monday :** 6:30 to 7:15 pm  
**Saturday :** 11:30 to 12:15 pm

**LTS 5:** Designed for those who have mastered the four basic strokes. Stroke refinement and endurance will be emphasized. 55 min. class. **Cost : \$ 272**

**Saturday:** 11:30 to 12:25 pm

## 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 :** Wednesday and Friday 12:00 to 12:45 pm

Sunday : 3:00 to 3:45 pm

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

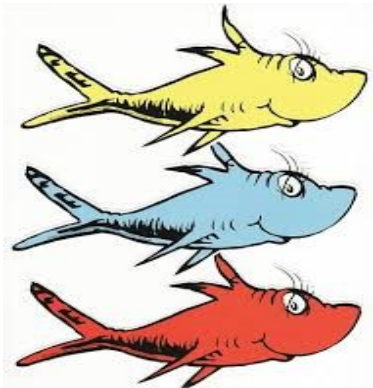
Sunday : 3:00 to 3:45 pm

**\*\*Beginner sessions follow the session schedule\*\***

**Cost: \$21.00/lesson**

***Need a little extra?***

Private instruction for Adults and Children is available.



## FALL 2019

### 8 Lessons

#### Monday

September 23<sup>rd</sup> through November 18<sup>th</sup>  
no class on 10/14

#### Tuesday

September 24<sup>th</sup> through November 12<sup>th</sup>

#### Thursday

September 26<sup>th</sup> through November 21<sup>st</sup>  
no class on 10/31

#### Saturday

September 28<sup>th</sup> through November 23<sup>rd</sup>  
no class on 10/12

#### Sunday

September 29<sup>th</sup> through November 24<sup>th</sup>  
no class on 10/13

***Future schedules are available on our website***

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

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