Nation’s Capital Swim Club

Training Site Information

Contacts:
Peter Morgan, Head Coach

Ryan Westhafer, Administrative Head Coach

703-250-1299
NCAP-Burke@cox.net
www.nationscapitalswimming.com

Registration by Appointment

Swimming Lessons
Summer 2020

6001 Burke Commons Road
Burke, VA 22015
703.250.1299
www.burkeclub.com
**BRSC and COVID 19**

BRSC is committed to offering a safe lesson experience.

BRSC will be conducting safe classes by:

Having the instructor, when appropriate, be in the water wearing a face shield in order to maintain the swimmers safety.

When in the water, classes will be kept to one student per instructor. Siblings will be permitted to be in same class as long as the siblings are similarly skilled.

Classes will be spaced 10 feet apart to maintain social distancing.

Stroke School will be have only two people per lane placed at opposite ends of the lane. There will be a coach at both ends of the pool.

Parents will be permitted to observe from the pool deck with families spaced 10 feet apart and wearing masks.

We are encouraging each swimmer to come ready for the lesson with suit and goggles as we cannot loan any equipment at this time.

A deck toilet is provided and will be disinfected after each use. Use of the locker room is discretionary as it may not be able offer proper social distancing.

We are encouraging each participant to arrive at the pool through the front pool door and exit out of the pool double door.

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**Adult Program Descriptions**

**Water Fitness**

**For Our Members**

*Aquafit* is a 45 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: 7:30 pm*

**For Everyone: Fee Based**

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

*Class Times: Tues/Thurs: 7:15 pm  Saturday: 8:45 am*

*Deep Water Hydrofit* is a 45 minute fee based deep water aerobics class for both members and walk-in attendees.

*Class Times: Tues/Thurs: 8:45 am*

**Cost for classes**

*Fitness Card - 10 Class Card* $80 for non-members

** or their guests
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***

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.

703-250-1299 x 205 or email kspina@nationscapitalswimming.com

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**Policies:**

- Registration is confirmed with payment only
- There are no refunds
- There are no make-ups
- Individual classes cancelled by BRSC will be rescheduled

Participants: While there is a provided family changing room on the deck, we strongly recommend that your swimmer come dressed for their lesson.

For safety: upon Completion of the lesson please bundle your swimmer and leave without using the locker room.

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.*
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 session will focus on the technique and refinement of the skills to help participants improve upon their stroke 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: 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.
Kspina@nationscapitalswimming.com

To our Parents:
Success is the greatest motivator.

Monday/Wednesday Evening

July 6 through July 30
4 weeks 8 lessons

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Cost for 8 lessons: $140.00

Saturday Lessons

July 11 through August 15 (6 weeks)

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Cost for 6 lessons: $110.00
Summer Session Offerings

Sunday Lessons

July 12 through August 9 (5 lessons)

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Cost for 5 lessons: $88.00

Stroke School Sessions

Sunday (5 lessons)

July 12 through August 9

3:30 to 4:45 pm
5:00 to 6:15 pm

Monday and Wednesday Evening

July 6 through July 29 (8 lessons)

6:15 to 7:00 pm

Monday through Thursday

Session 1 July 6 through July 16
Session 2 July 20 through July 30
Session 3 August 3 through August 13

2 week session 8 lessons/session

8:45 to 9:30 am

Cost: $185
Children’s Program Course Descriptions

Mommy (or Daddy) and Me (ages 6 to 42 months)  
25 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) 25 minute class

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

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 a flutter kick for 20 feet as well as tread water for 30 seconds.

Youth (ages 6 years and above) 30 minute class

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.

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.

Summer Session Offerings

Daytime Lessons

Session 1 July 6 through July 16

Session 2 July 20 through July 30

Session 3 August 3 through August 13

2 week session 8 lessons

Monday through Thursday

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