



## Nation's Capital Swim Club

### Training Site Information

Contacts:

**Peter Morgan , Head Coach**

**Ryan Westhafer,  
Administrative Head Coach**

**703-250-1299**

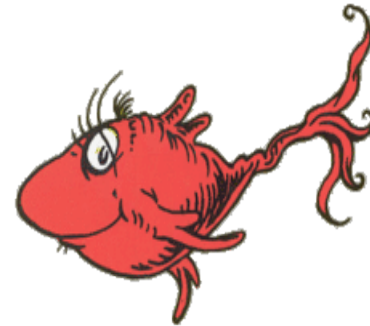
**Ncap.burke@gmail.com**

**www.nationscapitalswimming.com**

**Registration by Appointment**

**Burke Racquet and Swim Club**

**6001 Burke Commons Road Burke VA  
22015**



# Burke Racquet & Swim Club

## *Swimming Lessons*

### *Fall 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, most 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.

## **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: 8:45 am Saturday: 8:45 am M/W: 8:15 pm*

#### **For Everyone: Fee Based**

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

**Class Times:** *Monday/Wednesday 8:15 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.

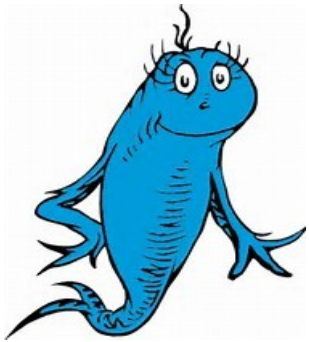
**Class Times:** *Tues/Thurs: 8:45 am*

#### **Cost for classes:**

**Drop-in: Member: \$5 Non-member: \$10**

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

**\*\* or their guests**



## Private Swimming Lessons

### *Single student\**

\$47.00 per 30 minutes

### *Two or more students\**

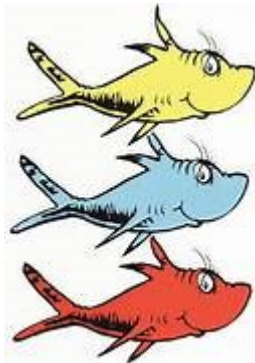
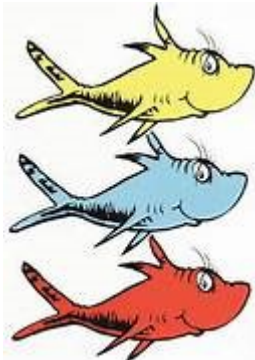
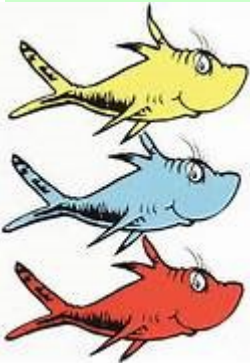
\$29.00 per person per 30 minutes

**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.

703-250-1299 x 205 or email [kspina@nationscapitalswimming.com](mailto:kspina@nationscapitalswimming.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**

**Participants:** While there is a provided family changing room on the deck, 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

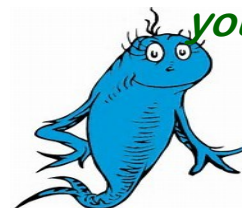
**Use of the pool other than class time is limited to members only**

*For the Safety of the Swimmers:*

*Please address any concerns*

*you may have with the on Deck*

*Coordinator.*



# 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 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:** 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](mailto:Kspina@nationscapitalswimming.com)

To our Parents:

Success is the greatest motivator.



## Monday AM or PM

September 21st through November 16th  
no class held 11/2

<b>PS1</b>	<b>2:20-2:50 pm</b>
<b>PS2</b>	<b>2:20-2:50 pm</b>
<b>PS3</b>	<b>1:40-2:10 pm</b>
<b>PS4</b>	<b>1:40-2:10 pm</b>
<b>LTS1</b>	<b>1:00-1:30 pm</b>
<b>LTS2</b>	<b>1:00-1:30 pm</b>
<b>LTS3</b>	<b>1:40-2:10 pm</b>
<b>LTS4</b>	<b>1:40-2:10 pm</b>

## Saturday Lessons

September 26th through November 21st  
no class held 10/31

<b>Mommy (or Daddy) and me</b>	<b>10:30 am</b>
<b>PS1</b>	<b>11:15 am</b>
<b>PS2</b>	<b>11:15 am</b>
<b>PS3</b>	<b>9:45 am</b>
<b>PS4</b>	<b>10:30 am</b>
<b>LTS1</b>	<b>9:45 am</b>
<b>LTS2</b>	<b>10:30 am</b>
<b>LTS3</b>	<b>12:00 pm</b>
<b>LTS4</b>	<b>12:00 pm</b>
<b>LTS5</b>	<b>12:00 pm</b>

## Fall Class Days and Times

### *Sunday Afternoon Lessons*

*September 27th through November 22nd*

*no class on 11/1*

*PS 1 1:30– 2:00 pm*

*PS2 1:30-2:00 pm*

*PS3 2:10-2:40 pm*

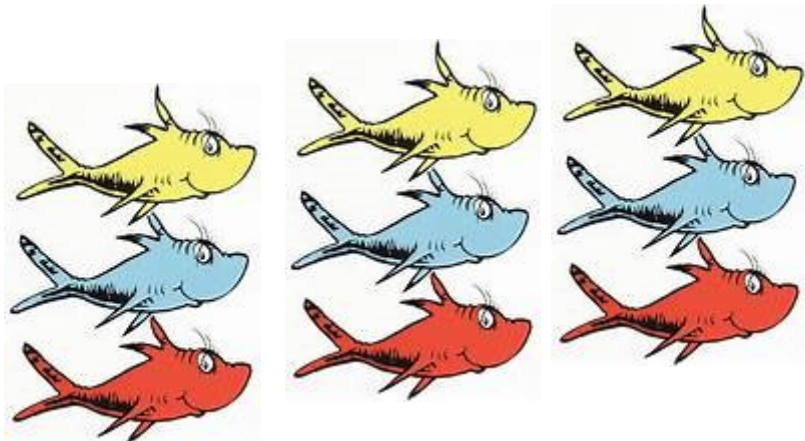
*PS4 2:10-2:40 pm*

*LTS1 2:50-3:20 pm*

*LTS2 2:50-3:20 pm*

*LTS3 3:30-4:00 pm*

*LTS4 3:30-4:00 pm*



## Stroke School Sessions

**Sunday (8 lessons)**

**Dates:**

**September 27 through November 22**

**No class held on 11/1**

**Times:**

**4:10 to 5:00 Freestyle/ Back**

**5:10 to 6:00 Butterfly/Breaststroke**

**Cost: \$265.00**

**Class size will be limited to 2 swimmers per lane as per our current policy**



# Children's Program Course Descriptions

## 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.

## 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 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.

**PS4:** 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.

**LTS 5:** Designed to refine strokes covered in previous levels and increase endurance.

# Fall Session Offerings

## Session Dates

8 Lessons

**Sunday: September 27 through November 22**  
**no class held on 11/1**

**Monday : September 21 through November 16**  
**no class held on 11/2**

**Saturday: September 26 through November 21**  
**no class held on 10/31**

**Cost: \$225.00**

**Classes are limited enrollment. Please see inside front cover for details.**