



Nation's Capital Swim Club

Training Site Information

Contacts:

Peter Morgan , Head Coach

**Ryan Westhafer,
Administrative Head Coach**

703-250-1299

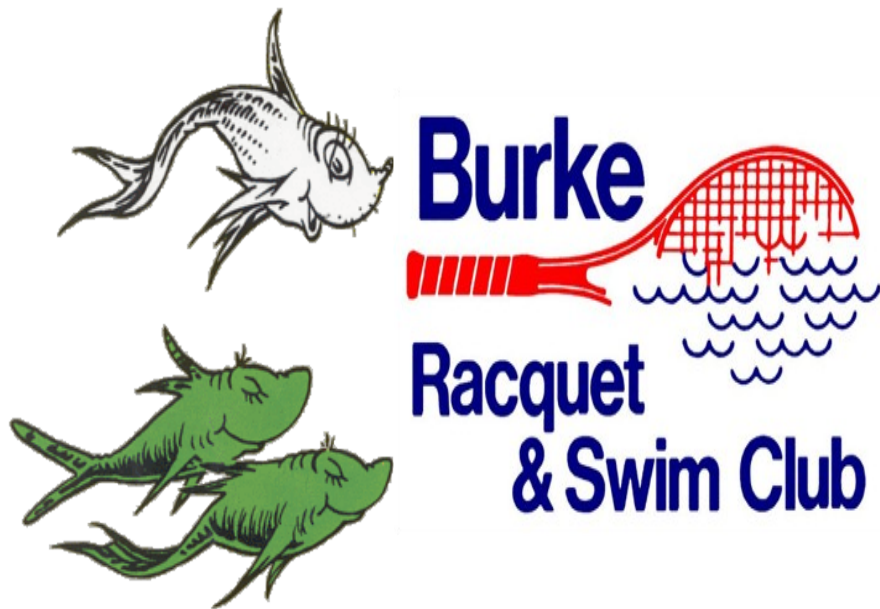
Ncap.burke@gmail.com

www.nationscapitalswimming.com

Registration by Appointment

Burke Racquet and Swim Club

**6001 Burke Commons Road Burke VA
22015**



Swimming Lessons Winter 2021

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.

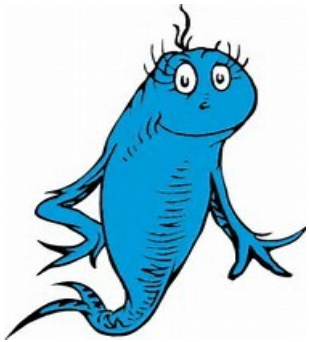
Class Times: *Tues/Thurs: 8:45 am*

Cost for classes:

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

Fitness Card - 10 class Card : **\$50.00 for members**
\$82 for non-members

**** or their guests**



Private Swimming Lessons

*Single student**

\$48.00 per 30 minutes

*Two or more students**

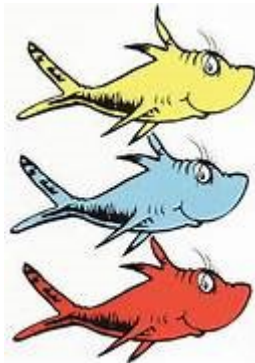
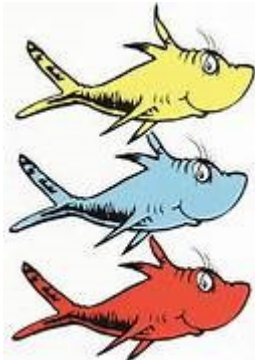
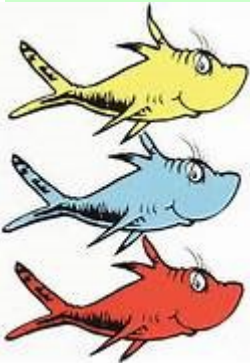
\$29.00 per person per 30 minutes

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



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

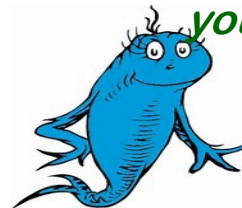
Use of the pool other than class time is limited to members only

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

To our Parents:

Success is the greatest motivator.



Monday AM or PM

January 4 through March 22nd

No class held 1/18,1/25,2/15,3/8

PS1	2:20-2:50 pm
PS2	2:20-2:50 pm
PS3	1:40-2:10 pm
PS4	1:40-2:10 pm
LTS1	1:00-1:30 pm
LTS2	1:00-1:30 pm
LTS3	1:40-2:10 pm

Saturday Lessons

January 9th through March 20th

No classes held 1/23,2/13,3/6

Mommy (or Daddy) and me 10:30 am

PS1	11:15 am
PS2	11:15 am
PS3	9:45 am
PS4	10:30 am
LTS1	9:45 am
LTS2	10:30 am
LTS3	12:00 pm
LTS4	12:00 pm
LTS5	12:00 pm

Winter Class Days and Times

Sunday Afternoon Lessons

January 10th through March 21st

No classes held 1/24, 2/14, 3/7

PS 1 1:30– 2:00 pm

PS2 1:30-2:00 pm

PS3 2:10-2:40 pm

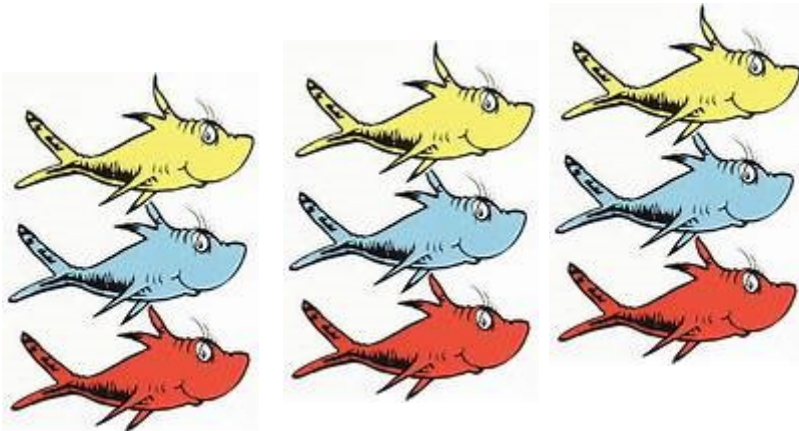
PS4 2:10-2:40 pm

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:

January 10th through March 21st

No classes held 1/24, 2/14, 3/7

Times:

4:10 to 5:00 Butterfly/Breaststroke

5:10 to 6:00 Freestyle/ Backstroke

Cost: \$267.00

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)

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.

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.

Winter Session Offerings

Session Dates

8 Lessons

Sunday: January 10th through March 21st

No classes held 1/24, 2/14, 3/7

Monday : January 4 through March 22nd

No class held 1/18, 1/25, 2/15, 3/8

Saturday: January 9th through March 20th

No classes held 1/23, 2/13, 3/6

Cost: \$227.00

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