



## Nation's Capital Swim Club

### Training Site Information

Contacts:

**Peter Morgan , Head Coach**

**Ryan Westhafer,  
Administrative Head Coach**

**703-250-1299**

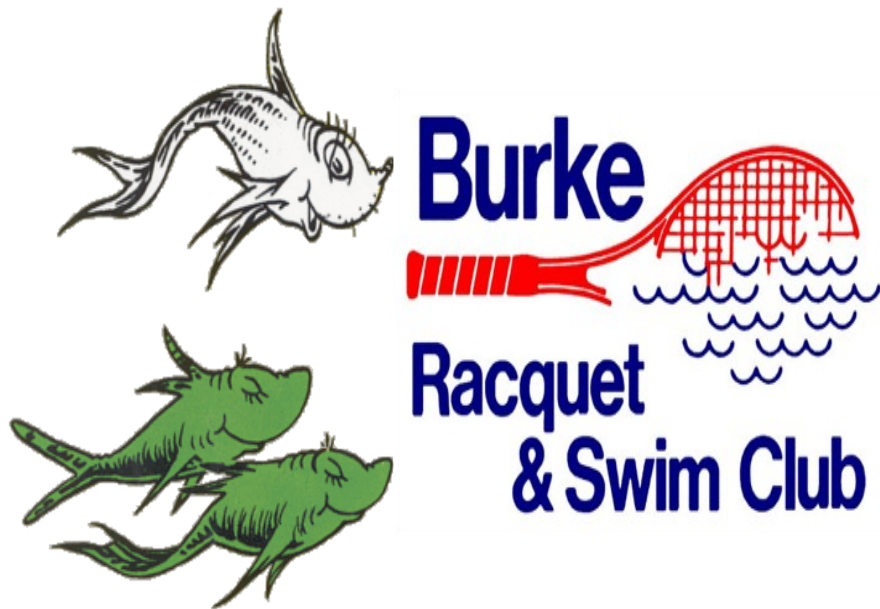
**[ncap.burke@gmail.com](mailto:ncap.burke@gmail.com)**

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

**Registration by Appointment**

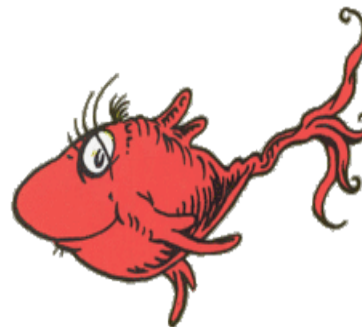
**Burke Racquet and Swim Club**

**6001 Burke Commons Road Burke VA  
22015**



***Swimming Lessons***

***Summer 2021***



**6001 Burke Commons Road**

**Burke, VA 22015**

**703.250.1299**

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

## **BRSC and COVID 19**

While the CDC has relaxed some of the COVID 19 restrictions, many of our participants are under 12 years of age. In our continued commitment to create a safe environment for our families, 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 in our lower levels. Siblings will be permitted to be in same class as long as the siblings are similarly skilled.

Classes will be spaced at least 6 feet apart to maintain social distancing.

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. There are some items for sale in the lobby should you need something.

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 back pool

### **Private Swimming Lessons**

**Single student\***

**\$48.00 per 30 minutes**

**Two or more students\***

**\$32.00 per person per 30 minutes**

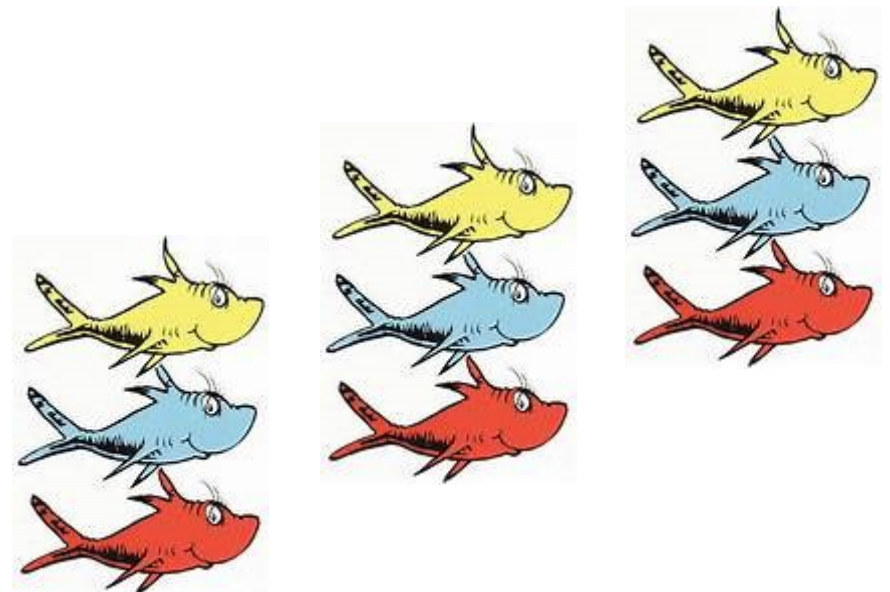
**BRSC Members receive a 20% discount\***

**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.**

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



# Adult Program Descriptions

## ***US Masters Swimming***

BRSC offers a competitive adult swim program for athletes of abilities—from beginning swimmers to national and world class swimmers

Anyone college age or older, who can swim at least 400 yards (any combination of strokes) may join the L4 Masters at the Burke Facility.

Tuesday, Thursday Evening 8:00 to 9:00 PM

Friday Evening 7:30-8:30pm

Sunday: 9:15 to 10:45 am

Membership includes : Club and pool access 7 days per week as well as 4 coached workouts per week

Facilities include: 12 lane 25 yard pool, Cybex weight room , cardio workout room, fitness studio , tennis

Cost per month: \$67.00

One time initiation fee \$ 200 per individual /\$350.00 per family of 2 or more

Annual membership to USMS is required. Special rates through 2021

**To “drop in”, please contact Head Coach Ben Viellieu at [benjamin.viellieu@gmail.com](mailto:benjamin.viellieu@gmail.com) prior to the practice**

## 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**

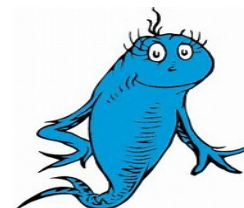
**Use of the pool other than class time is limited to members only**

***For the Safety of the Swimmers:***

***Please address any concerns***

***you may have with the on Deck***

***Coordinator.***



## 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.

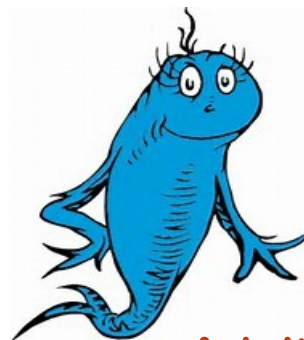
### Preschool (42 months through 5 years) 25 minute class

**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.



## Adult Program Descriptions

### Water Fitness

#### For Our Members

**Aquafit** is a 45 minute cardio workout class exclusively for our members.

**Class Times:** *Mon/Wed/Fri: 9:15 am Saturday: 8:45 am Mon/Wed: 7:00 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:** *Mon/Wed: 7:00 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: 9:15 am*

#### Cost for classes

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

\$50.00 for members

# Summer Session Offerings

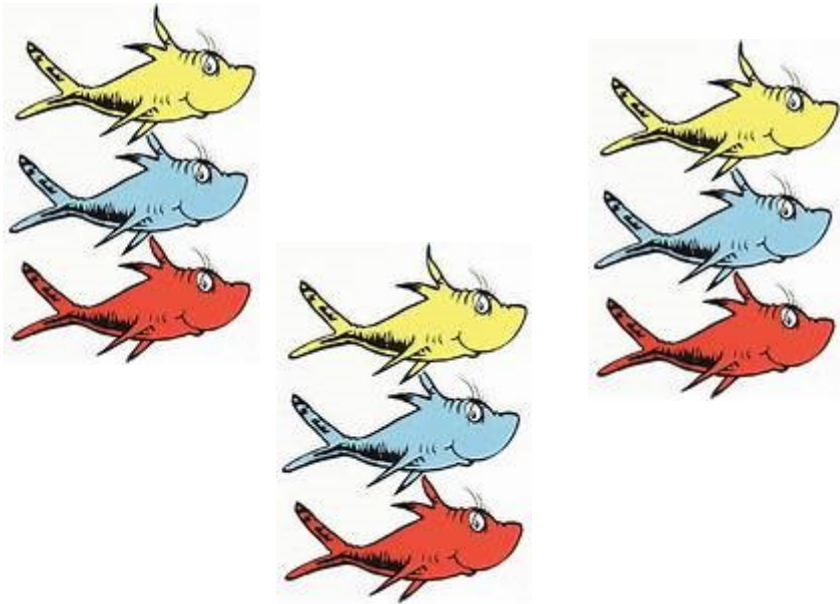
## Sunday Lessons

**(ALL FULL)**

**June 13 through July 25 (6 lessons)**

**No class held on July 4**

**Cost for 6 lessons: \$168.00**



# Course Descriptions

## 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*

*Monday through Thursday*

2 week session 8 lessons

Session 1 (All Full) June 14 through June 24

Session 2 (All Full) June 28 through July 8

Session 3 July 12 through July 22

Session 4 July 26 through August 5

PS1	10:30am
PS2	10:30 am
PS3	11:10 am
PS4	11:50 am
LTS1	11:10 am
LTS2	11:50 am
LTS3	12:30 pm
LTS4	12:30 pm

Cost for 8 lessons: \$224.00

## Summer Session Offerings

### *Evening Lessons*

*Tuesday /Thursday*

4 weeks 8 lessons

Session 1 (All Full) June 15 through July 8

Session 2 July 13 through August 5

PS1	5:00 pm
PS2	5:00 pm
PS3	5:40 pm
PS4	6:20 pm
LTS1	5:40 pm
LTS2	6:20 pm
LTS3	6:20 pm

Cost for 8 lessons: \$224.00