

2025-2026 Winter Swim Options

Are you looking for options to have your swimmers continue swimming this winter but are unsure of what program is best for you? Below is a list of some information about Competitive Year-Round Teams, pre-team and developmental programs (like our own Highlands Winter Swim Program), and swim lessons. Our Turtles have made so much progress this summer - keeping them in the water in some capacity during the winter will help them maintain all they have learned and start building on those skills. We highly recommend finding some type of swim program this winter!

Non-Competitive Pre-Team and Lesson Programs:

- **Highlands Winter Program @ Marymount University**
 - Our [Highlands Winter Program](#) offers a weekly Sunday late afternoon session to help keep the kids in the water, continue to maintain and build upon skills learned this summer and keep up the spirit and excitement of being part of the Highlands Family.
 - Coaches: The program is held at Marymount's pool and coached by Coach Kelli Morris Larkin and our own Highlands assistant coaches.
 - Time: Sundays late afternoon from September 14 - May 3
 - Location: Marymount University
 - *The minimum age is 5 years (by September 1st) and swimmers must be able to swim 25 yards in both a recognizable freestyle and backstroke.* The program is not intended to be "learn-to-swim lessons," but will be competitive swim training and stroke technique instruction. You must be a Highlands member to participate. *Swimmers on swim team, whompers, or advanced swim school during the 2025 season will be eligible.*
 - Contact: For questions, please contact Gillian Russell - gillianr@whompingturtles.org
- **Machine Performance Center - Swim School, Private & Group Lessons**
 - Located in Vienna, Virginia. Lessons are taught using three Endless Pools and a 25 yard pool. Learn-to-swim and stroke development offered.
 - Group, semi-private, and private lessons available.
 - Website: <https://www.machineperformancecenter.com/group-class-schedules>
- **NCAP Marymount Stroke School**
 - One day a week program offered to help keep the kids in the water and to develop all four competitive swim strokes. Learn-to-swim and stroke development offered.
 - Time: Saturday late mornings/early afternoons
 - Learn-to-swim: <https://www.ncapswim.com/mm-swim-school>; Developmental stroke school: <https://www.ncapswim.com/mm-developmental>.
 - Location: Marymount University
 - Website: <https://www.ncapswim.com/mm-developmental>

- **Tsunami Stroke School**
 - Tsunami Stroke School at McLean Sport and Health Pool 1800 Old Meadow Rd in McLean is geared toward swimmers who are interested in competitive swimming or improving stroke technique. USA certified Swim Coaches focus on teaching all four competitive swim strokes (Butterfly, Backstroke, Breaststroke, and Freestyle). Coach ratio is limited with coaches in the water providing hands-on learning. Swimmers' ages range from 5 yrs-14 yrs old.
 - To register, and for more info contact Coach Jo Vera at swimwithjo@hotmail.com or visit the [website](#)
 - Coach Jo also offers private and semi-private lessons
 - A swim evaluation is necessary for placement of swimmers in the clinic series.
- **York Swim School**
 - York Swim Club's Swim School Program for Ages 5-8. Offers one to two-day per week Swim School program based out of Yorktown High School's pool
 - Registration information [here](#)
- **Norman Swimming**
 - Located at Washington-Liberty High School, Yorktown High School, and Spring Hill Rec Center
 - Schedule: <https://www.normanswimming.com/2023-2024-program-descriptions/>
 - Swim School (Ages 4-6), Developmental Swim Program (ages 5 – 16), Sprint Clinic (ages 9-16).
 - Website: <https://www.normanswimming.com>
- **Swim Farm**
 - One Day a Week Program
 - Located in Arlington, VA
 - Good option for kids 12+ who want to get some swim training in during the winter, but do not want to join a year-round competitive program. Drop in sessions available.
 - Website: <https://www.theswimfarm.com/home>
 - Includes 3 swim meets throughout the year
- **Big Blue Swim School - Falls Church**
 - Location: Falls Church
 - Lesson programs for ages 3 months to 6&up
 - <https://bigblueswimschool.com/locations/virginia/falls-church>
- **Goldfish Swim School**
 - Programs for ages 4 months-12 years.
 - Located in Alexandria, VA
 - Website: <https://www.goldfishswimschool.com/swim-lessons/#~739E6i6>
- **Private Swim Lesson Instructors** (Location: Yorktown & Washington & Liberty HS pools in Arlington)
 - Liz Coleson: lizardmac1@earthlink.net
 - Kathy Koczyk: 703-536-7842 (Home phone; leave a message)

Year Round Competitive Programs:

- **NCAP – Marymount** (*Located 3 miles from Highlands*)
 - Year Round Competitive Program based in Arlington, VA at Marymount University
 - Offers programs from 8&under all the way through High School
 - Website: <https://www.ncapswim.com/marymount-university>
- **Machine Aquatics** (*McLean and various locations in NoVA; 1-7 miles from Highlands*)
 - Year Round Competitive Program based in Northern Virginia
 - Offers programs from 8 and Under all the way through High School
 - Website: <https://www.machineaquatics.com>
- **Hydra Aquatics** (*McLean*)
 - Year Round Competitive Program based in Northern Virginia
 - Offers programs from 3 years all the way through High School
 - Website: <https://www.swimhydra.com/page/home>
- **YORK Swim Club - Yorktown High School** (*Located 3 miles from Highlands*)
 - Year Round Competitive Program based in Arlington, VA
 - Offers programs from 8 and Under all the way through High School
 - Various locations including Yorktown High School
 - Website: https://www.teamunify.com/Home.jsp?_tabid_=0&team=pvsyork
- **The Fish** (*Primary program located 5 miles from Highlands*)
 - Year Round Competitive Program based in McLean, VA (primarily Spring Hill Rec Center)
 - Offers programs from 8 and Under all the way through High School
 - Registration information [here](#)
- **NCAP – Tysons** (*Located 6 miles from Highlands*)
 - Year Round Competitive Program based in Tysons Corner, VA
 - Offers programs from 8 and Under all the way through High School
 - Website: <https://www.nationscapitalswimming.com/tysons-corner>
- **Arlington Aquatic Club (AAC)** (*Primary program located 10 miles from Highlands*)
 - Year Round Competitive Program based in Arlington, VA (primarily Long Bridge Pool in Arlington)
 - Offers programs from 8 and Under all the way through High School
 - Website: https://www.teamunify.com/Home.jsp?_tabid_=0&team=pvsaac