

## Private Swim Lessons

- Private swim lessons available daily
- One 20 minute lesson per week

### Private Lesson Rates:

	<u>Member</u>	<u>Add'l Child</u>	<u>Non-Member</u>	<u>Add'l Child</u>
14 Lessons	\$276.50	\$255.50	\$332.50	\$311.50
13 Lessons (Mon)	\$256.75	\$237.25	\$308.75	\$289.25

### Yannick Potts Private Lesson Rates:

14 Lessons	\$315.00	n/a	\$350.00	n/a
13 Lessons (Mon)	\$292.50	n/a	\$325.00	n/a

### American Red Cross

#### Lifeguard Certification Class

Must meet pre-requisites for swimming & be at least 15 years old.

**\$299.00, \$349.00 (dark water cert), \$130.00 (re-certification)**

- 1. April 6 - 12:00am-5:00pm**  
April 7 - 10:00am-5:00pm  
April 13 - 12:00pm-5:00pm  
April 14 - 10:00am-6:00pm(re-cert)
- 2. April 22 - April 24**  
10:00am-6:00pm  
April 24 (re-cert)
- 3. April 26 - April 28**  
10:00am-6:00pm  
April 28 (re-cert)
- 4. May 3 - 5:00pm-10:00pm**  
May 4 - 8:00am-6:00pm  
May 5 - 8:00am-6:00pm(re-cert)
- 5. May 17 - 5:00-10:00pm**  
May 18 - 8:00am-6:00pm  
May 19 - 8:00am-6:00pm(re-cert)

### Swim Team Tryouts

Do you think your child is ready to join a competitive swim team?

Are you looking for a new competitive swim team?

Open Tryouts

Monday – Thursday 4:15pm – 5:00pm

### Technical Lesson Program

Director: Coach Yannick Potts

4 x 30 Minute Lessons \$160

Limited to the first 10 spots...Reserve Today!

**FREE Family Trial Membership - Call Today!**

**609-654-1440**



## Spring 2019 Swim Program

Yannick Potts

Aquatic Director/Head Coach

(Former Trinidad National Record Holder)

### Session Dates:

February 25th, 2019 through June 9th, 2019

Due to Spring Break there will be no lessons

April 21st-April 27th, and no lessons

Memorial Day May 27th

### Registration:

Current participants: 01/14/2019 – 01/27/2019

Open registration: 01/28/2019



**609-654-1440**

3 Nelson Drive, Medford, NJ 08055

[www.medfordfitness.com](http://www.medfordfitness.com)

## Medford WAVE Competitive Program

### Pre-Team 1 (5-8 years) or Pre-Team 2 (9-11 years):

Per Session:                      Member Price: \$474      Non-Member Price: \$579

Attendance Requirement: min 2x/week

Focus: Stroke technique                      Monday-Friday 4:15-5:00

### Ripples (12 years and under):

Per Session:                      Member Price: \$505      Non-Member Price: \$677

Attendance Requirement: min 3x/week

Swim Meets: Encouraged, but not required

Focus: Technique and Conditioning      Monday – Friday 5:00 – 6:00

### Surfs (4<sup>th</sup>-7<sup>th</sup> grade) or Mavericks (8<sup>th</sup>-12<sup>th</sup> grade):

Per Session:                      Member Price: \$597      Non-Member Price \$739

Attendance Requirement: min 3x/week

Swim Meets: 1 per session

Focus: Technique & Conditioning Monday-Friday 6:00-7:15 Saturday 7:00-8:15

Drylands Tues – Thurs 5:30-6:00

### Surfs Elite (6<sup>th</sup>-8<sup>th</sup> grade) or Mavericks Elite\* (9<sup>th</sup>-12<sup>th</sup> grade):

Per Session:                      Member Price: \$622      Non-Member Price: \$769

Attendance Requirement: 5x/week (must maintain 80% attendance rate)

Swim Meets: 2 per session

Focus: Technique & Conditioning Monday-Friday 7:15-9:15 Saturday 8:15-10:00

Drylands Mon-Thurs 6:30-7:00 (Required)

\*FREE Gym Membership-Maverick Elite Swimmers (16yrs & older- see manager)

*Please refer to Medford Wave's Team Handbook for more information describing each group.*

**\$80 USA Swimming Registration Fee required for all groups.**

**Group assignments may vary based on ability.**

**New swimmers must see Coach Yannick for evaluation.**

## Group Lessons

Group lessons are 30 minutes and let participants of all ages discover the pleasures and benefits of swimming at their own pace. Our lessons are based on a maximum of six children per class (except Tadpoles). Children may be moved to a different class if their skill level is not properly matched with the class originally selected. Children may also be reassigned if the class does not reach a minimum of four participants.

### **Tadpoles**

**Ideally for children age 6 mos to 3 yrs**

This class directs the parent/guardian to help develop the child's confidence and independence in the water. Safety and water entries will be taught. Kicking, paddling and bubble blowing will also be introduced.

Saturday: 11:00-11:30am

### **Guppies**

**Ideally for children age 6 to 10 yrs**

Skills introduced in this class include independent floating, breath holding and water safety. Children will be introduced to rhythmic breathing, beginning diving and beginner strokes.

Sunday: 10:00-10:30am

11:00-11:30am

Monday: 4:00-4:30pm

Tuesday: 3:30-4:00pm

Wednesday: 4:00-4:30pm

Thursday: 3:30-4:00pm

Saturday: 11:30-12:00pm

12:00-12:30pm

### **Minnnows**

**Ideally for children age 3 to 5 yrs**

Children will be introduced to water adjustment skills, such as putting their face and ears in the water, proper floating and kicking and water safety.

Sunday: 9:00-9:30am

9:30-10:00am

Tuesday: 9:00-9:30am

9:30-10:00am

4:00-4:30pm

Wednesday: 3:30-4:00pm

Friday: 9:30-10:00am

10:00-10:30am

3:30-4:00pm

Saturday: 10:00-10:30am

10:30-11:00am

### **Sharks**

**Ideally for children ages 10 & above**

This class is for the adolescent to young adult swimmer and will teach proficiency in both the freestyle and backstroke. In addition, the butterfly and breaststroke will be introduced.

Sunday: 10:30-11:00am

Mon-Fri: 4:30-5:00pm

Saturday: 11:30-12:00pm

### Group Lesson Rates:

	<u>Member</u>	<u>Add'l Child</u>	<u>Non-Member</u>	<u>Add'l Child</u>
14 Lessons	\$210.00	\$189.00	\$266.00	\$245.00
13 Lessons (Mon)	\$195.00	\$175.50	\$247.00	\$227.50