

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 (4th-7th grade) or Mavericks (8th-12th 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 (6th-8th grade) or Mavericks Elite* (9th-12th 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