

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

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 13th 8:00am – 6:00pm***
April 14th 8:00am – 6:00pm (re-cert)*
2. **April 18th 9:00am – 6:00pm***
April 19th 8:00am – 6:00pm (re-cert)*
3. **April 25th 9:00am – 6:00pm***
April 26th 8:00am – 6:00pm (re-cert)*
4. **May 16th 9:00am – 6:00pm***
May 17th 8:00am – 6:00pm (re-cert)*
5. **June 20th 9:00am – 6:00pm***
June 21st 8:00am – 6:00pm (re-cert)*

*Classes will be blended courses (combination of online and in-person instruction).
Please call 609-654-1440 for more information about this.

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 4:30pm – 5:15pm

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 2020 Swim Program

Yannick Potts

Aquatic Director/Head Coach

(Former Trinidad National Record Holder)

Session Dates:

February 24th, 2020 through June 7th, 2020

Due to Spring Break there will be no group and private lessons

April 12th-April 18th, and no lessons

Memorial Day May 25th

Registration:

Current participants: 01/13/2020 – 01/26/2020

Open registration: 01/27/2020



609-654-1440

3 Nelson Drive, Medford, NJ 08055

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 4:30-5:15
 Introduction to Drylands: Monday-Friday 4:30-4:45

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 5:15 – 6:15
 Introduction to Drylands: Monday-Friday 4:30-4:45

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 6:15-7:30 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 7:30-9:30 Saturday 8:15-10:00
 Drylands Mon-Thurs 6:30-7:15 (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.**

**In order to receive a per session discount without enrolling in one of the
 bi-weekly payment plans, swim participants must commit to swimming
 from Fall thru Spring or Fall thru Summer AND complete ALL per
 session agreements by 9/30/19. All participants committing to this
 discounted plan will be charged in full for the same rate as the bi-weekly
 payment plans on the first day of each session.
 Pro-rates are not available.**

**Swimmers should review the Wave Swim Team website
 for practice breaks and schedule changes.**

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

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: 9:30-10:00am
 10:00-10:30am
 4:00-4:30pm
 Wednesday: 3:30-4:00pm
 Thursday: 4:00-4:30pm
 Friday: 9:30-10:00am
 10:00-10:30am
 3:30-4:00pm
 Saturday: 10:00-10:30am
 10:30-11:00am

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
 Friday: 4:00-4:30pm
 Saturday: 12:00-12:30pm

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
 Monday: 4:30-5:00pm
 Tuesday: 4:30-5:00pm
 Wednesday: 4:30-5:00pm
 Thursday: 4:30-5:00pm
 Friday: 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