

Private Swim Lessons

Private Swim lessons available daily.
One 20 minute lesson per week.

Private Lesson Rates

	Member	Add'l Child	Non-Member	Add'l Child
10 Lessons Th, Sat, Sun	\$195.25	\$180.20	\$235.40	\$220.40
11 Lessons M, T, W, Fri	\$214.10	\$197.60	\$258.30	\$241.60

Yannick Potts Private Lesson Rates:

10 Lessons Th, Sat, Sun	\$225	n/a	\$250	n/a
11 Lessons M, T, W, Fri	\$247.50	n/a	\$275	n/a

Competitive Summer Swim Camp

With Medford WAVE Head Swim Coach Yannick Potts

Camp is scheduled from 10am-4pm daily.

June 25: Freestyle	June 26: Backstroke
June 27: Breaststroke	June 28: Butterfly

Each day of this summer swim camp will focus on the above strokes, with additional attention being paid to starts, turns, endurance, nutrition, race strategies and more.

Swimmers need to bring a lunch, 2 towels and a change of clothes.

\$100/day or a **4-day rate of \$360.** (Additional children 10% off)

Become A Lifeguard Today!

American Red Cross

Lifeguard Certification Class

Must meet prerequisites for swimming & be at least 15 years old.

\$299.00 **\$349.00 (dark water cert)**

Friday, June 21 st	5:00pm - 10:00pm
Saturday, June 22 nd	8:00am - 6:00pm
Sunday, June 23 rd	8:00am - 6:00pm

Lifeguard Recertification Class - \$130.00

Sunday, June 23 rd	8:00am - 6:00pm
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Dark Water Certification* - \$130.00

Sunday, June 23 rd	8:00am - 6:00pm
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*must present proof of prior lifeguard certification



Summer 2019 Swim Program

Yannick Potts

Aquatic Director/Head Coach
(Former National Record Holder)

June 10, 2019 through August 23, 2019

(No lessons Thursday, July 4)

Registration

Current participants: **April 22, 2019 – May 5, 2019**

Open registration: **May 6, 2019**

Prorates available for late registrations.



609-654-1440

3 Nelson Drive, Medford, NJ 08055

www.medfordfitness.com

Medford WAVE Swim Team

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

Member Price: \$292 Non-Member Price: \$392
 Attendance Requirement: At least 2x/week
 Focus: Stroke technique Monday-Thursday 4:15-5:15pm

Ripples (12 and under):

Member Price: \$292 Non-Member Price: \$392
 Attendance Requirement: At least 2x/week
 Focus: Technique and Conditioning Monday-Thursday 4:15-5:15pm

Surfs (4th-7th grade) or Mavericks (8th-12th grade):

Member Price: \$375 Non-Member Price: \$440
 Attendance Requirement: At least 3x/week
 Swim Meets: Does not apply to summer session
 Focus: Technique and conditioning

Monday-Thursday 6:15-7:30pm @ Ramblewood Country Club*
 Friday: 5:45-7:15pm @ Medford Fitness

Surfs Elite (4th-7th grade) or Mavericks Elite (8th-12th grade):

Member Price: \$395 Non-Member Price: \$470
 Attendance Requirement: At least 3x per week
 Swim Meets: Does not apply to summer session
 Focus: Technique and conditioning

Monday-Thursday 5:45-7:45pm @ Ramblewood Country Club*
 Friday: 5:45-7:15pm @ Medford Fitness

**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.
 *Practices at Ramblewood CC June 17th – August 1st.
 Practice locations subject to change
 based on weather/unforeseen circumstances.**

TECHNICAL LESSON PROGRAM

Director: Coach Yannick Potts

4 x 30 Minute Lessons \$160

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

Group Lessons

Our 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 6 months 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: 11:00-11:30

Guppies

Ideally for children age 6 to 10 years

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.

Tuesday: 9:00-9:30
 Tuesday: 3:45-4:15
 Thursday: 9:00-9:30
 Friday: 4:15-4:45
 Friday: 4:45-5:15
 Saturday: 10:30-11:00
 Sunday: 10:30-11:00

Minnows

Ideally for children age 3 to 5 years

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.

Tuesday: 9:30-10:00
 Tuesday: 3:15-3:45
 Thursday: 9:30-10:00
 Friday: 3:45-4:15
 Saturday: 10:00-10:30
 Sunday: 10:00-10:30

Sharks

Ideally for children age 10+

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

Friday: 3:15-3:45
 Saturday: 11:30-12:00
 Sunday: 11:00-11:30

Group Lesson Rates

	<u>Member</u>	<u>Add'l Child</u>	<u>Non-Member</u>	<u>Add'l Child</u>
10 Lessons Th, Sat, Sun	\$141.00	\$125.30	\$180.30	\$165.20
11 Lessons M, T, W, Fri	\$155.25	\$137.85	\$198.30	\$181.75

