

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>
11 Lessons	\$216.25	\$199.75	\$260.25	\$243.75
10 Lessons (Tues)	\$197.50	\$182.50	\$237.50	\$222.50

Yannick Potts Private Lesson Rates:

11 Lessons	\$247.50	n/a	\$275.00	n/a
10 Lessons (Tues)	\$225.00	n/a	\$250.00	n/a

American Red Cross

Lifeguard Certification Class

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

\$299.00 \$349.00 (dark water cert)

Saturday, December 22 nd	10:00am - 6:00pm
Sunday, December 23 rd	10:00am - 6:00pm
Monday, December 24 th	10:00am - 3:00pm

Lifeguard Recertification Class - \$130.00

Thursday, December 27th 10:00am - 5:00pm

Register by Friday, December 21st

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 Try Outs

Monday – Thursday 4:15pm – 5:15pm

TECHNICAL LESSON PROGRAM

Director: Coach Yannick Potts

4 x 30 Minute Lessons \$160

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

FREE TRIAL FAMILY MEMBERSHIP - Call Today!

609-654-1440



Winter 2018-2019 Swimming Program

Yannick Potts

Aquatic Director/Head Coach

(Former Trinidad National Record Holder)

December 3, 2018 through February 24, 2019

(Due to the holiday, all group and private lessons
will not be held from 12/25/18 – 01/01/19)

Registration:

Current participants: 10/15/2018 – 10/28/2018

Open registration: 10/29/2018



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: \$376 Non-Member Price: \$464

Attendance Requirement: At least 2x/week

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

Ripples (12 and under):

Per Session: Member Price: \$439 Non-Member Price: \$542

Attendance Requirement: At least 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: \$477 Non-Member Price \$590

Attendance Requirement: At least 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: \$570 Non-Member Price: \$684

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

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 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.

Friday: 11:00-11:30am

Saturday: 11:00-11:30am

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.

Sunday: 10:00-10:30am

11:00-11:30am

Tuesday: 11:00-11:30am

Thursday: 10:30-11:00am

Friday: 11:30-12:00pm

3:15-3:45pm

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.

Friday: 3:45-4:15pm

Saturday: 11:30-12:00pm

12:30-1:00pm

Sunday: 10:30-11:00am

11:30-12:00pm

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.

Friday: 4:15-4:45pm

Saturday: 12:00-12:30pm

Group Lesson Rates:

	<u>Member</u>	<u>Add'l Child</u>	<u>Non-Member</u>	<u>Add'l Child</u>
11 Lessons	\$164.00	\$147.85	\$208.00	\$191.50
10 Lessons (Tues)	\$150.20	\$135.30	\$190.00	\$175.00