

LEARN TO SWIM LESSON PROGRAM

No matter what your child's age or skill level maybe, we've got you covered in our heated indoor pool!

Our private Learn To Swim Lesson Program offers 1-on-1 attention with an experienced swim instructor who will teach your child the basic swimming strokes with a focus on safety, in and around pools.

Pricing:

- Member price: \$20/ 30min lesson
- Non-member price: \$24/ 30min lesson



Winter 2021/22 Swim Program

December 6, 2021 - February 27, 2022

(Due to the holiday, lessons will not be held on
December 25th, 2021)



609-654-1440

3 Nelson Drive, Medford, NJ 08055

www.medfordfitness.com

BLUE WAVE Competitive Swim Team

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

Per Session: Member Price: \$375 Non-Member Price: \$470

Attendance Requirement: At least 2x/week

Focus: Stroke technique Tues & Thurs 4:30 - 5:15, Sat 10:15-11:15am

Bronze: Ripples (12 and under)

Per Session: Member Price: \$415 Non-Member Price: \$535

Attendance Requirement: At least 3x/week

Swim Meets: Encouraged

Focus: Technique Mon & Wed 4:30-5:45, Fri 6:30-7:45, Sat 10:15 -11:15am

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

Per Session: Member Price: \$475 Non-Member Price \$580

Attendance Requirement: At least 3x/week

Swim Meets: 1 per session

Focus: Technique & Conditioning Mon & Wed 5:45– 7:30, Tues & Thurs 6:30-7:45

Saturday 8:45- 10:15 Drylands: Tues & Thurs:6:00pm-6:30pm

Gold: Pre-Elite/Surfs Elite (6 - 12th grade)

Per Session: Member Price: \$475 Non-Member Price: \$580

Attendance Requirement: At least 3x/week

Swim Meets: 1 per session

Focus: Technique & Conditioning Tues & Thurs 5:15 -6:30, Fri 7:45-9:30,

Saturday 7:00 - 8:45am Drylands: Tues & Thurs: 6:45pm-7:30pm

Seniors: *Mavericks Elite (9th-12th grade)

Per Session: Member Price: \$515 Non-Member Price: \$640

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

Swim Meets: 2 per session

Focus: Technique & Conditioning Mon & Wed 7:30 - 9:30, Tues & Thurs

7:45-9:30, Fri 4:30-6:30, Sat 7-8:45am Drylands: Tues & Thurs 6:45pm -7:30pm

* FREE gym membership (16yrs & older – see manager)

Member rates: 1 adult membership/swimmer. \$80 USA Swimming Registration Fee required & \$10 transfer fee. Pro-rates are not available. Swimmers should review the Wave Swim Team website for practice breaks & schedule changes. Starting 2/14/22, practice will begin 15mins earlier for each session.

All Families are entitled to a FREE 21 Day Trial Membership to the gym! Call the Front Desk to start today! 609-654-1440

The logo for Vortec Elite features the word "Vortec" in a large, stylized, cursive font with a blue swoosh above the 'V'. Below it, the word "Elite" is written in a smaller, simpler cursive font.

Technical Lesson Program

NEW - Vortec Elite Technical Swim Lesson Program!
These lessons are for those who are looking to perfect their swim mechanics & take their training to the next level. Our Elite coaches, will use their experience and expertise, to further a swimmer's understanding of stroke mechanics, resulting in improved performance, allowing them to compete at their fullest potential

What we offer:

Stroke mechanics, speed and/or endurance training, resistance training, analysis of starts/turns & more, while utilizing the newest technology offered in the Endless Pool.

Pricing:

Member price: \$35/ 30min lesson

Non-member price: \$40/30min lesson

