

## Want to become a Lifeguard?

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***Dates & Times:***

*12/26 (8-6)*

*12/27 (8-6)*

*12/28 (8-1)\**

*\*Recert Day*

***Cost:***

*\$299*

*\$349 (Dark Water)*

*\$130 (Recertification)*

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- *Must be 15 years or older.*
- *Must meet pre-requisites for swimming.*

Contact Front Desk for more information.  
(609) 654-1440



## Swim Program

Yannick Potts

Aquatic Director/Head Coach

(Former Trinidad National Record Holder)

Brittany Collins

Swim Lesson Director



**609-654-1440**

3 Nelson Drive, Medford, NJ 08055

[www.medfordfitness.com](http://www.medfordfitness.com)

# **Medford WAVE Competitive Swim Team**

**November 30, 2020-February 21, 2021**

*Receive a 15% discount when you commit to swimming Fall-Spring!*

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

Per Session: Member Price: \$380  
Non-Member Price: \$470

Attendance Requirement: At least 2x/week  
Focus: Stroke technique  
Monday-Friday: 4:15-5:00pm

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## **Ripples (12 and under):**

Per Session: Member Price: \$440  
Non-Member Price: \$545

Attendance Requirement: At least 3x/week  
Swim Meets: Encouraged, but not required  
Focus: Technique and Conditioning  
Monday – Friday: 5:00pm-6pm

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## **Surfs (4<sup>th</sup>-7<sup>th</sup> grade) or Mavericks (8<sup>th</sup>-12<sup>th</sup> grade):**

Per Session: Member Price: \$480  
Non-Member Price: \$590

Attendance Requirement: At least 3x/week  
Swim Meets: 1 per session  
Focus: Technique & Conditioning  
Monday –Friday: 6:00pm-7:15pm  
Saturdays: 7am-8:15am

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## **Surfs Elite (6<sup>th</sup>-8<sup>th</sup> grade) or \*Mavericks Elite (9<sup>th</sup>-12<sup>th</sup> grade):**

Per Session: Member Price: \$570  
Non-Member Price: \$690

Attendance Requirement: 5x/week (must maintain 80% attendance rate)  
Swim Meets: 2 per session  
Focus: Technique & Conditioning  
Monday – Friday: 7:15-9:15pm  
Saturday 8:15am - 10:00am

\* FREE gym membership for 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.*

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

# **PRIVATE SWIM LESSONS**

*Whether you are a child or an adult, our private swim lessons offer 1-on-1 attention with a experienced swim instructor who will use their skills to help you achieve your swimming goals.*

- ❖ Private swim lessons available daily
- ❖ One 30 minute lesson per week
- ❖ **Member** Payment: \$20/per lesson
- ❖ **Non-Member** Payment:\$24/per lesson

**\*Note: You must inform your instructor 24 hours in advance if you are unable to attend your lesson.**

Contact Brittany Collins for further information.  
Email: [Brittany@medfordfitness.com](mailto:Brittany@medfordfitness.com)

## **PRIVATE TECHNICAL SWIM LESSON**

**Our Technical Swim Lessons are specifically for those looking to perfect their swim mechanics. Yannick, our Aquatics Director/Head Wave Swim Coach, is able to give a greater understanding on how strokes should be performed to swim to your greatest capability.**

- **4 x 30 Minute Lessons**
- **Payment: \$160**

## **SWIM TEAM TRYOUTS**

Is your child ready to join a competitive swim team?  
Are you looking to take your competitive swimmer to the next level?

Open Try Outs

Monday – Thursday @ 4:45-5:15pm

See our Front Desk to schedule an appointment!