

LEARN TO SWIM LESSON PROGRAM

No matter what your child's age or skill level may be, 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:

- \$25/swimmer registration fee (one-time fee)
- Member price: \$20/ 30min lesson
- Non-member price: \$24/ 30min lesson



Spring 2022

Swim Program

February 28, 2022 - June 12, 2022
(Due to the holiday, lessons will not be held on
April 17, 2022)



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: \$470 Non-Member Price: \$590

Attendance Requirement: At least 2x/week

Focus: Stroke technique Tues & Thurs 4:15 - 5:00, Sat 10:15-11:15am

Bronze: Ripples (12 and under)

Per Session: Member Price: \$520 Non-Member Price: \$670

Attendance Requirement: At least 3x/week

Swim Meets: Encouraged

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

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

Per Session: Member Price: \$595 Non-Member Price \$725

Attendance Requirement: At least 3x/week

Swim Meets: 1 per session

Focus: Technique & Conditioning Mon & Wed 5:30– 7:15, Tues & Thurs 6:15-7:30

Saturday 8:45- 10:15 Drylands: Tues & Thurs:5:45pm-6:15pm

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

Per Session: Member Price: \$595 Non-Member Price: \$725

Attendance Requirement: At least 3x/week

Swim Meets: 1 per session

Focus: Technique & Conditioning Tues & Thurs 5:00 -6:15, Fri 6:15-8:00,

Saturday 7:00 - 8:45am Drylands: Tues & Thurs: 6:30pm-7:15pm

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

Per Session: Member Price: \$645 Non-Member Price: \$790

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

Swim Meets: 2 per session

Focus: Technique & Conditioning Mon & Wed 7:15 - 9:15, Tues & Thurs

7:30-9:30, Fri 4:15-6:15, 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.

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: \$25/swimmer registration fee (one-time fee)
Member price: \$35/ 30min lesson
Non-member price: \$40/30min lesson**

