

LEARN TO SWIM LESSON PROGRAM

Director: Hanna Bowman

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.

Pricing: \$25/swimmer registration fee

Member price: \$24/ 30min lesson

Non-member price: \$29/ 30min lesson

Our Group Lessons (max 6) allows participants of all ages to discover the benefits of swimming at their own pace with the encouragement of others.

Pricing: \$25/swimmer registration fee

Member price: \$22/30min lesson

Non-member price: \$27/30min lesson

Tadpoles- Ideally for children age 2yrs to 3 yrs

This class develops the child's confidence and independence in the water with emphasis on safety.

Minnows- Ideally for children age 3yrs to 5 years

This class introduces skills, such as proper floating & introduction to the freestyle stroke.

Guppies- Ideally for children age 5yrs to 7 yrs

This class will introduce rhythmic breathing, beginning diving, backstroke & breaststroke.

Sharks- ideally for children age 7yrs-12yrs

This class is for children proficient in freestyle & will continue the development of the other strokes.



Winter 2022-23 Swim Program

December 5, 2022 - February 26, 2023

(Due to the holiday, lessons will not be held on 12/25/22) *Current participants registration 11/1 -11/15*



609-654-1440

3 Nelson Drive, Medford, NJ 08055

www.medfordfitness.com

BLUE WAVE Competitive Swim Team

Pre-Team 1 (5-8 years) 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 4:15– 5pm (*4:15-4:30 drylands);, 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, but not required

Focus: Technique Mon & Wed 4:15-5:30 (*4:15-4:30 drylands), Fri 6:15-7:30, Sat 8:45 -10:15am

Silver: Surfs (4th-7th grade) 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 : Wed 5:30 – 7:00,: Tues & Thurs 6:30-7:30, Saturday 8:45- 10:15

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

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

Swim Meets: 1 per session

Focus: Technique & Conditioning: Mon 5:30-7, Tues & Thurs 5:00 -6:30, Fri 6:15-8, Sat 7:00 - 8:45am Drylands:Tues & Thurs: 6:45pm-7:15pm

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 7:00 - 9:00, Tues & Thurs 7:30-9:30, Fri 4:15-6:15, Sat 7-8:45am Drylands:Tues & Thurs 6:45pm -7:15pm
FREE gym membership (16yrs & older – see manager)

Member rates available for 1 adult membership/swimmer. Per-Session pro-rates are not available. Swimmers must enroll at bwaquaticsnj.com & pay a \$100 fee to cover swim apparel & admin fees. Swimmers must also register online with USA Swimming (link will be provided 9/1/22). Swimmers should check bwaquaticsnj.com for practice breaks & schedule changes. Every level will start at regular times during LRHDS season (*11/21/22 – 2/10/23 & Preteam/Bronze will have coaches instructing intro to drylands for the first 15mins).

Technical Lesson Program

These lessons are for triathlete and competitive swim athletes who are looking to perfect their swim mechanics & take their training to the next level. Stroke mechanics, speed and/or endurance training, analysis of starts/turns & more.

**Pricing:
\$200 for 4 half hour lessons.**

