



## **BLUE WAVE Competitive Swim Team**

### ***Pre-Team 1 (5-8 years) 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– 5pm (\*4:15-4:30 drylands),  
Sat 10:15-11:15

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

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

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

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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 (9<sup>th</sup>-12<sup>th</sup> 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 7:00 - 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](http://bwaquaticsnj.com) & pay a \$100 fee to cover swim apparel & admin fees. Swimmers must also register online with USA Swimming D  <https://omr.usaswimming.org/omr/welcome/A38DC7ABB41D4C>. Swimmers should check [bwaquaticsnj.com](http://bwaquaticsnj.com) for practice breaks & schedule changes. Every level will start at regular times.***

### ***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 4/30 minute lessons.*

