

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 2 yrs to 3 yrs

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

Minnows- Ideally for children age 3 yrs to 5 yrs

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 7 yrs to 12 yrs

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



Spring 2023 Swim Program

February 27, 2023- June 11, 2023

(Due to the holiday, lessons will not be held
on 4/9/23) *Current participants registration*
1/23-2/5



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

Attendance Requirement: At least 2x/week
Focus: Stroke technique Tues & Thurs 4:15– 5pm,
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 but not required
Focus: Technique: Mon & Wed 4:15-5:30pm, Fri 6:15pm-7:30pm,
Sat 8:45-10:15am

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

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

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

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: \$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 & pay a \$100 fee to cover swim apparel & admin fees. Swimmers must also register online with USA Swimming at <https://omr.usaswimming.org/omr/welcome/A38DC7ABB41D4C>. Swimmers should check bwaquaticsnj.com for practice breaks & schedule changes.

Head Swim Coach and Master Instructor, 20 years experience and former national record holder, Yannick Potts offers...

Group Lessons (Master Elite Lessons):

\$25/swimmer registration fee

Per 30 minute session: Member Price: \$22 Non-Member Price \$27

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

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

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.

Lifeguard Training Classes:

Pricing: \$325 (+\$50 Water Front cert)

April 15th 8:00am-6:00pm

April 16th 8:00am-6:00pm

(Must attend both days to complete full lifeguard training)

Lifeguard Recertification Class:

Pricing: \$170

April 16th 8:00am-6:00pm

