

BLUE WAVE AQUATIC COMPETITIVE SWIM

June 12, 2023 – August 17, 2023

All practices are held at Medford Fitness. Gold & Senior swimmers can practice at Larchmont long course w/ additional \$60 fee from 8:00-10:00am Mon-Fri. (checks made out to Blue Wave Aquatics)

Pre-Team

Tues & Thurs: 4:15-5:00pm

Per Session: Member Price \$310 Non-Member Price: \$390

Focus: Stroke technique

Bronze-Ripples (12 and under)

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

Mon & Wed: 4:15- 5:30pm, Tues & Thurs: 5:00-6:00pm

Per Session: Member Price: \$345 Non-Member Price: \$440

Focus: Technique and conditioning

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

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

Mon & Wed: 5:30-7:15pm, Tues & Thurs: 6:00-7:30pm Per

Session: Member Price: \$430 Non-Member Price: \$520

Focus: Stroke technique, Conditioning, & building endurance.



Summer 2023 SWIM PROGRAM



*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.*

3 Nelson Drive, Medford, NJ 08055
www.medfordfitness.com
609-654-1440

LEARN TO SWIM LESSON PROGRAM

Director: Hanna Bowman

Call: 609-654-1440

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.



Elite Lessons & Lifeguard Classes

*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 is 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.

Head Coach Connor Buck offers...

Elite Private Lessons:

\$25/swimmer registration fee

Per 30 minute session: Member Price: \$35 Non-Member Price: \$40

These lessons are for competitive swim athletes who are looking to perfect their swim mechanics & take their training to the next level.

Lifeguard Training Classes:

Pricing: \$325 (+\$50 Lakefront cert)

Class #1:

April 29: 8:00am-6:00pm

April 30: 8:00am-6:00pm

Class #2:

May 20: 8:00am-6:00pm

May 21: 8:00am-6:00pm

Class 3#:

June 3: 8:00am-6:00pm

June 4: 8:00am-6:00pm

(Must attend both days of the class to complete full lifeguard training)

Lifeguard Recertification (\$170) & Lakefront (\$50) Add-ons

Choose 1 day:

April 30: 8:00am-6:00pm

May 21: 8:00am-6:00pm

June 4: 8:00am-6:00pm

