

# 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. Dates: 9/4/23 – 12/3/23

Pricing: \$25/swimmer registration fee

Member price: Mon's & Thurs's: \$264

Member price: All other days: \$286

Non-member price: Mon's & Thurs's: \$324

Non-member price: All other days: \$351

**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



## Fall 2023 Swim Program

September 4, 2023 through December 3, 2023  
(Due to the holiday, lessons will not be held on  
9/4/23 & 11/23/23)



**609-654-1440**

3 Nelson Drive, Medford, NJ 08055

[www.medfordfitness.com](http://www.medfordfitness.com)

## Blue Wave Aquatics Swim Team

### **Pre-Team 1 (5-8 years) Pre-Team 2 (9-11 years):**

Per Session: Member Price: \$410 Non-Member Price: \$510  
Annual (bi-weekly payments) \$54.31 \$67.12  
Fall-Spring (bi-weekly payments) \$54.69 \$68.26  
Attendance Requirement: At least 2x/week  
Focus: Stroke technique Tues & Thurs 4:15 - 5:00, Sat 10:30-11:15am

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

Per Session: Member Price: \$450 Non-Member Price: \$575  
Annual (bi-weekly payments) \$59.80 \$76.96  
Fall- Spring (bi-weekly payments) \$61.65 \$78.53

Attendance Requirement: At least 3x/week  
Swim Meets: Encouraged, but not required  
Focus: Technique Mon & Wed 4:15-5:30, Fri 6:15-7:30, Sat 9 – 10:30am

### **Silver: Surfs (4<sup>th</sup>-7<sup>th</sup> grade) Mavericks (8<sup>th</sup>-12<sup>th</sup> grade)**

Per Session: Member Price: \$515 Non-Member Price \$630  
Annual (bi-weekly payments) \$68.94 \$84.29  
Fall-Spring (bi-weekly payments) \$69.16 \$85.48

Attendance Requirement: At least 3x/week  
Swim Meets: 1 per session  
Focus: Technique & Conditioning : Mon 7:30 – 9,: Tues & Thurs 5–6, Saturday 9- 10:30  
Sun 3-4:15

### **Gold: Pre-Elite/Surf Elite ( 6-12<sup>th</sup> grade)**

Per Session: Member Price: \$515 Non-Member Price: \$630  
Annual (bi-weekly payments) \$68.94 \$84.29  
Fall- Spring (bi-weekly payments) \$69.16 \$85.48

Swim Meets: 1 per session  
Focus: Technique & Conditioning: Wed 7:30-9, Tues & Thurs 6:00 -7:00,  
Fri 6:15-7:45, Sat 7:00 - 9am Sun 3-4:15

### **Seniors: \*Mavericks Elite (9<sup>th</sup>-12<sup>th</sup> grade)**

Per Session: Member Price: \$555 Non-Member Price: \$675  
Annual (bi-weekly payments) \$74.40 \$90.47  
Fall- Spring (bi-weekly payments) \$75.12 \$91.86

Attendance Requirement: 5x/week (must maintain 80% attendance rate)  
Swim Meets: 2 per session  
Focus: Technique & Conditioning Mon & Wed 5:30 - 7:30, Tues & Thurs  
7:00-9:00, Fri 4:15-6:15, Sat 7-9am

\* 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 (link will be provided 9/1/23). Swimmers should check [bwaquaticsnj.com](http://bwaquaticsnj.com) for practice breaks & schedule changes. Every level will start 15mins later during LRHDS season.**

## Elite Lesson Program

**NEW - 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 & expertise, to further a swimmer's understanding of stroke mechanics, resulting in improved performance, allowing them to compete at their fullest potential.**

**Elite Lessons 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:**

**Member price: \$35/ 30min lesson**

**Non-member price: \$40/ 30min lesson**

