

LEARN TO SWIM LESSON PROGRAM

Director: Hanna Bowman

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

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: Monday's \$220, all other days \$264

Non-member price: Monday's \$270, all other days \$324

Water Babies (6months-3yrs) Focus on water safety (parents are in the water)

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 2023-24 Swim Program

December 4, 2023 - February 25, 2024

(Due to the holiday, lessons will not be held on
12/25/23 & 1/1/24)



609-654-1440

3 Nelson Drive, Medford, NJ 08055

www.medfordfitness.com

BLUE WAVE Aquatics 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 1030-11:15

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 9-1030

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: Mon 7:30 –9, Tues & Thurs 5-6pm, Saturday 9- 10:30

Sun 3-4:15pm

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: Wed 730-9, Tues & Thurs 6:00 -7pm,

Fri 6:15-7:45, Sat 7:00 – 9am, Sun 3-4:15pm

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 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 & pay a \$100 fee to cover swim apparel & admin fees. Swimmers must also register online with USA Swimming (link will be provided). Swimmers should check bwaquaticsnj.com for practice breaks & schedule changes. Every level will start at regular times during LRHDS season (*11/20/23 – 2/9/24 Preteam/Bronze/Seniors will have coaches instructing intro to drylands for the first 15mins).

Technical & Elite 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 (Elite lessons are held in our Endless Pool).

Technical Lessons:\$200 for 4x 30min lessons

Elite Lessons:\$25 reg. fee

Members: \$35/30min

Non-Members \$40/30min

Lifeguard Training Program

Dates: 12/26 & 12/27 8-6pm (recert 12/27 8-6pm)

Price: Full course \$325 (+\$50 Lake Front cert)

Recert \$170 (+ \$50 Lake Front cert)

