

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: \$27/ 30min lesson

Non-member price: \$32/ 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: Sundays \$308, all other days \$330 (\$22/lesson)

Non-member price: Sundays \$378, all other days \$405 (\$27/lesson)

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

Tadpoles- Ideally for children age 2 yrs to 3 yrs

This class develops the child's confidence & independence in the water w/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 2024 Swim Program

February 26, 2024- June 9, 2024

(Due to the holiday, lessons will not be held
on 3/31/24) *Current participants registration*
1/23/24-1/31/24



609-654-1440

3 Nelson Drive, Medford, NJ 08055

www.medfordfitness.com

BLUE WAVE Aquatics Swim Team

Full Time Head Coach- Yannick Potts

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 10:30-11:15am

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 9-10:30am

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: Mon 7:30-9pm, Tues & Thurs

5-6pm, Sat 9-10:30am, Sun 3-4:15pm

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

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

Swim Meets: 1 per session

Focus: Technique & Conditioning: Wed 7:30-9, Tues & Thurs 6:00 -7,

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

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 5:30 - 7:30, Tues & Thurs

7-9pm, 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 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...

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 4x30 minute lessons.

Lifeguard Training Classes:

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

March 30 8:00am-6:00pm

March 31 8:00am-6:00pm

April 27 8:00am-6:00pm

April 28 8:00am-6:00pm

May 18 8:00am-6:00pm

May 19 8:00am-6:00pm

June 1 8:00am-6:00pm

June 2 8:00am-6:00pm

(Must attend both days to complete full lifeguard training)

Lifeguard Recertification Class:

Pricing: \$170 (+ \$50 Water Front cert)

Classes are held on the final day of the sessions above- 8:00am-6:00pm

