

Competitive Swim Team Available

Medford Fitness is proud to announce our new partnership with Jersey Wahoos Swim Club starting September 2024. The goal of this partnership is to share the positive experience of being a year-round competitive swimmer to as many new young athletes as possible. Jersey Wahoos is a community-based nonprofit based in Mount Laurel for over 50 years. They are currently 21st team in the nation. Our goal is to create a positive learning environment where swimmers can learn and grow to ultimately have one of the best experiences of their lives through swimming. For more information and registration please contact Lindsay Clemens at Lindsay.clemens@jerseywahoos.org



Spring 2025 SWIM PROGRAM

February 24th - June 8th



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

LEARN TO SWIM LESSON PROGRAM

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.

Private Lesson Pricing: \$25/swimmer registration fee

Member price: \$27/ 30min lesson

Non-member price: \$32/ 30min lesson

Semi-Private pricing (2 children): \$30 non member/ per child
\$25 member/ per child

Group Lessons (max 6) allows participants of all ages to discover the benefits of swimming at their own pace with the encouragement of others.

15 Week Program: (no lessons 4/20 & 5/26)

Group Lesson Pricing: \$25/swimmer registration fee

Member Price: \$330; Monday/Sunday \$308

Non Member Price: \$405, Monday/Sunday \$378

Waterbabies- 6 months to 3 yrs focus on water safety (parents participate in water)

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

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

April:

4th Fri 6pm - 10pm

5th Sat 8am - 7pm

6th Sun 11:30 - 7pm

Recert Class April 5th 8am - 7pm

May:

17th Fri 6pm - 10pm

18th Sat 8am - 7pm

19th Sun 11:30 - 7pm

Recert Class May 18th 8am - 7pm

April:

25th Fri 6pm - 10pm

26th Sat 8am - 7pm

27th Sun 11:30 - 7pm

Recert Class April 26th 8am - 7pm

June:

7th Fri 6pm - 10pm

8th Sat 8am - 7pm

9th Sun 11:30 - 7pm

Recert Class June 8th 8am - 7pm

Pricing:

\$350 (+\$60 Dark water)

Recert Class \$180 (+\$60 Dark water)