

Competitive Swim Team Available

Medford Fitness is proud to announce our new partnership with Jersey Wahoos Swim Club. 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



Winter 2025 SWIM PROGRAM

Dec 1st - Feb 22nd



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

NEW: Book your child's birthday party with us today!

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: \$29/ 30min lesson

Non-member Price: \$34/ 30min lesson

Semi-Private pricing (2 children):

Member Price: \$27 member/child 30 min lesson

Non-members Price: \$32 non member/child 30 min 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.

12 Week Program: 12/1 - 2/22 (No Christmas Day & New Years Day)

Group Lesson Pricing: \$25/swimmer registration fee

Member Price: 12 week - \$288; 10 week (Thurs's) - \$240

Non Member Price: 12 week - \$348; 10 week (Thurs's) - \$290

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.

Technical Swim Lessons

Coach Adam brings extensive coaching experience from Florida to Wisconsin and is now in his second year coaching in New Jersey with the Jersey Wahoos. He has guided multiple athletes to National Age Group Top 100 rankings and developed swimmers to compete successfully at local, state, and national levels. His technical lessons prioritize kicking and fundamental mechanical movements to build water awareness across all stroke disciplines. Adam emphasizes the process and life skills that help athletes grow both in and out of the pool, providing every swimmer the opportunity to perform their best in a competitive, safe, and fun environment.

Technical lessons at Medford Fitness are private 1-on-1 sessions designed to build kicking strength, refine fundamental mechanics, and develop water awareness across all strokes. Giving athletes the skills to perform at their best. Lessons are 30 minutes, \$60 per session, and provide the perfect combination of skill development, life lessons, and a fun, safe, competitive environment. Contact: adam.wise@jerseywahoos.org

