

## 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](mailto:Lindsay.clemens@jerseywahoos.org)



## Spring 2026 SWIM PROGRAM

Feb 23rd - June 7th



3 Nelson Drive, Medford, NJ 08055  
[www.medfordfitness.com](http://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: \$29/ 30min lesson

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

**Semi-Private pricing (2 children):** \$27 member/ per child

\$32 non 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:** 2/23 - 6/7 (No Easter Sunday)

**Group Lesson Pricing:** \$25/swimmer registration fee

**Member Price:** 15 week - \$330 14 week (Sunday's) - \$308

**Non Member Price:** 15 week - \$435 14 week (Sunday's) - \$406

**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

**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.

**Lifeguard Classes** Medford Fitness: Fri's 4:30-8:30pm, Sat's 7:30am-5pm & Sun's 8-12pm. Wahoos: Sun's 1-6pm

March 20-22

April 10-12

May 15-17

June 19-21

June 26-28

**Pricing:** Recertification \$200 (plus add-ons below )  
\$325 shallow water + \$50 deep water + 25 Dark water

*No refunds, min 5 participants or classes are combine/cancelled  
Pretests are the Friday before the class start date at Wahoos from 8:30-9:30pm expect 4/10-4/12 class -pretest is 3/27/26.*

*Recert's must attend pretest dates & Sunday's dates/times above*

