

LEARN TO SWIM LESSON PROGRAM

Director: Jen Dorn

No matter what your child's age or skill level maybe, we've got you covered in our heated indoor pool!

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, in and around pools.

Pricing: \$25/swimmer registration fee

Member price: \$24/ 30min lesson

Non-member price: \$29/ 30min lesson



Fall 2022 Swim Program

September 5, 2022 through December 4, 2022
(Due to the holiday, lessons will not be held on
November 24th, 2022)



609-654-1440

3 Nelson Drive, Medford, NJ 08055

www.medfordfitness.com

BLUE WAVE Competitive Swim Team

Pre-Team 1 (5-8 years) Pre-Team 2 (9-11 years):

Per Session: Member Price: \$410 Non-Member Price: \$510
Annual (bi-weekly payments) \$54.31 \$67.12
Fall-Spring (bi-weekly payments) \$54.69 \$68.26
Attendance Requirement: At least 2x/week
Focus: Stroke technique Tues & Thurs 4:15 - 5:00, Sat 10:15-11:15am

Bronze: Ripples (12 and under)

Per Session: Member Price: \$450 Non-Member Price: \$575
Annual (bi-weekly payments) \$59.80 \$76.96
Fall- Spring (bi-weekly payments) \$61.65 \$78.53

Attendance Requirement: At least 3x/week
Swim Meets: Encouraged, but not required
Focus: Technique Mon & Wed 4:15-5:30, Fri 6:15-7:30, Sat 10:15 -11:15am

Silver: Surfs (4th-7th grade) Mavericks (8th-12th grade)

Per Session: Member Price: \$515 Non-Member Price \$630
Annual (bi-weekly payments) \$68.94 \$84.29
Fall-Spring (bi-weekly payments) \$69.16 \$85.48

Attendance Requirement: At least 3x/week
Swim Meets: 1 per session
Focus: Technique & Conditioning : Wed 5:30 – 7:00,: Tues & Thurs 6:30-7:30, Saturday 8:45- 10:15

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

Per Session: Member Price: \$515 Non-Member Price: \$630
Annual (bi-weekly payments) \$68.94 \$84.29
Fall- Spring (bi-weekly payments) \$69.16 \$85.48

Swim Meets: 1 per session
Focus: Technique & Conditioning: Mon 5:30-7, Tues & Thurs 5:00 -6:30,
Fri 6:15-8, Sat 7:00 - 8:45am Drylands:Tues & Thurs: 6:45pm-7:15pm

Seniors: *Mavericks Elite (9th-12th grade)

Per Session: Member Price: \$555 Non-Member Price: \$675
Annual (bi-weekly payments) \$74.40 \$90.47
Fall- Spring (bi-weekly payments) \$75.12 \$91.86

Attendance Requirement: 5x/week (must maintain 80% attendance rate)
Swim Meets: 2 per session
Focus: Technique & Conditioning Mon & Wed 7:00 - 9:00, Tues & Thurs 7:30-9:30, Fri 4:15-6:15, Sat 7-8:45am Drylands:Tues & Thurs 6:45pm -7:15pm
* 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 9/1/22). Swimmers should check bwaquaticsnj.com for practice breaks & schedule changes. Every level will start 15mins later during LRHDS season.

**Vortec
Elite**

Technical Lesson Program

NEW - Vortec Elite Technical Swim Lesson Program!
These lessons are for those who are looking to perfect their swim mechanics & take their training to the next level. Our Elite coaches, will use their experience & expertise, to further a swimmer's understanding of stroke mechanics, resulting in improved performance, allowing them to compete at their fullest potential

Stroke mechanics, speed and/or endurance training, resistance training, analysis of starts/turns & more, while utilizing the newest technology offered in the Endless Pool.

Pricing \$25/swimmer registration fee:
Member price: \$35/ 30min lesson
Non-member price: \$40/ 30min lesson

