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## Rules and Regulations

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As a leading multi-recreational, family-oriented athletic club, our members are extremely important to us. We are committed to providing excellent service and strive to honor that commitment through policies that have been established in the best interest of our members and participants of club programs. Thank you for your participation – we look forward to serving you and your family. Our staff strictly enforces the following guidelines:

- 1.) Parents and siblings who are not Medford Fitness members are not permitted in the pool area during the swimming lessons. All observers are encouraged to use the seating available in the observation area on the second floor.
- 2.) Children not taking a lesson must stay with their parents at all times. The nursery is not available to non-club members' children. Children are not permitted to run freely throughout the club.
- 3.) Participants of the swim program and their families must adhere to all club and pool rules.
- 4.) Inappropriate behavior by swim participants or their families may result in dismissal from the club or from the swim program without refund.
- 5.) Club equipment and/or group exercise classes are not to be used by swim participants, siblings, or parents unless they are club members.
- 6.) Enrollment in/payment for competitive swim team practice does not enroll you in the WAVE swim team nor does it cover meet entry fees.
- 7.) Swim participants are required to check in at the front desk with a program card each time they enter the club. Program cards are distributed with completed registration forms.

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## Private & Semi-Private Lessons

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Private and swim-private swimming lessons are available daily. Each child enrolled in a private lesson will receive one 20-minute lesson per week. Semi-private lessons will have two children receiving one 20-minute lesson per week. Children enrolling in a semi-private lesson must enroll at the same time. Lesson times may change or be added after the start of the program.

	Member	Ea. Add'l Child*	Non-Member	Ea. Add'l Child*
<b>Private Lesson Rates</b>				
13 Lessons (M)	\$234.00	\$214.50	\$266.50	\$237.25
14 Lessons (T W Th F Sa Su)	\$252.00	\$231.00	\$287.00	\$255.50
<b>Semi-Private Lesson Rates</b>				
13 Lessons (M)	\$201.50	\$178.75	\$230.75	\$208.00
14 Lessons (T W Th F Sa Su)	\$217.00	\$192.50	\$248.50	\$224.00

# SPRING 2011 Swimming Program

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## Session Dates

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All swim lessons will run from Sunday, March 6, 2011 through Saturday, June 18, 2011. Due to the Easter holiday, there will not be lessons given on Sunday, April 24 through Saturday, April 30, and no lessons on Monday, May 30th (Memorial Day).

## Swim Registration Information

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- All registration fees and lesson rates apply only to the current session and shall be paid in full according to club guidelines, otherwise class times may be given away.  
Medford Fitness has a strict **no make-up policy**. Make-ups will not be given for missed lessons (illness, vacation, personal scheduling conflicts, etc.), unless the club is responsible for the missed lesson.
- Missed lessons and/or competitive swim team practices may not be transferred to another session or individual.
- **No refunds** are available for the swim program.
- All swim registrations must be signed by a parent prior to the start of the swim session.
- Lessons will not be held without full payment.
- All open registrations will be on a first come, first serve basis.
- Registration may be done by phone, using a credit card.
- Late registration will be honored; lesson cost will be pro-rated accordingly.
- Medford Fitness reserves the right to use alternate instructors as needed.

**Registration Fee:** \$10 per child per session

### Registration dates:

Current Participants: Tuesday, February 1 through Sunday, February 13  
Open Registration: Monday, February 14



**609-654-1440**

3 Nelson Drive • Medford, NJ 08055

## Competitive Swim Program

### Junior Swim Development: Tuesday's 4:15-5:15pm

This class is for the adolescent through young adult swimmer, and will teach proficiency in both the freestyle and backstroke. In addition, the butterfly and breaststroke will be introduced.

### Team School - Tuesdays 4:15-5:15pm

This 60-minute class is for the young swimmer with no competitive experience. The swimmer should be able to perform basic rhythmic breathing. This group emphasizes basic stroke mechanics, diving, team dynamics, and light conditioning in a fun and enjoyable atmosphere.

### Pre-Team - Tuesdays 4:15-5:15pm

This 60-minute class is for the young swimmer with limited competitive experience. The swimmer should be able to perform basic rhythmic breathing. This group emphasizes stroke mechanics, diving, team dynamics, and light conditioning.

### Beginner:

This Program is for the swimmer who has limited competitive experience. Proper stroke technique, diving, and racing skills are emphasized.

Monday	Wednesday	Friday
4:15-5:15pm	4:15-5:15pm	5:15-6:15pm

### Intermediate:

**Level B** – The focus of this group is on strengthening stroke technique, turns, finishes and increasing physical conditioning.

**Level A** – This advanced level group emphasizes stroke techniques, racing tactics, and endurance training.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Level B</b> –	_____	5:15-6:15	5:15-6:15	5:15-6:15	5:15-6:15	5:15-6:15
<b>Level A</b> –	3:30-5:30	6:15-7:15	6:15-7:15	6:15-7:15	6:15-7:15	6:15-7:45

### Advanced:

This program is for the committed competitive swimmer and promotes racing strategies, readiness, and physical conditioning.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
3:30-5:30	7:15-8:45	7:15-8:45	7:15-8:45	7:15-8:45	6:15-7:45

## Competitive Training Rates:

### 13-Week/Lesson Program

	Member	Ea. Add'l Child*	Non-Member	Ea. Add'l Child*
1x Week	\$214.50	\$195.00	\$266.50	\$240.50
2x Week	\$325.00	\$292.50	\$403.00	\$360.75
3x Week	\$377.00	\$344.50	\$468.00	\$422.50
4x Week	\$409.50	\$370.50	\$507.00	\$455.00
5x Week	\$422.50	\$380.25	\$523.25	\$471.25
6x Week	\$468.00	\$419.50	\$577.50	\$520.25

## Group Lessons

Our group lessons allow participants of all ages to discover the pleasures and benefits of swimming at their own pace. Our lessons are based on a maximum of five children per class (except Water Babies). Children may be moved to a different class if their skill level is not properly matched with the class originally selected. Children may also be reassigned if the class does not reach a minimum of four (4) participants.

### Water Babies (Ideally for children 6 months to 3 years of age):

This class directs the parent/guardian to help develop the child's confidence and independence in water. Safety and water entries will be taught; kicking, paddling and bubble blowing will also be introduced.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			10-10:30am			

### Pre-School Safety (Ideally for children 3 to 5 years of age):

**Blue Level:** Children will be introduced to water adjustment skills, such as putting their face and ears in the water, water safety, proper floating, and kicking.

**Red Level:** Children will be introduced to gliding and water safety. These swimmers can float and are comfortable putting their face in the water.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Blue</b>	10-10:30am			10-10:30am	2:45-3:15pm		9-9:30am
<b>Red</b>	11:30am-12	10-10:30am		2:45-3:15pm	10:30-11am		9:30-10am

### Primary Beginner Skills (Ideally for children 6 to 10 years of age):

**Blue Level:** This class is for non-swimmers and timid beginners. Skills introduced in this class include independent floating, breath holding, and water safety.

**Red Level:** Children will be introduced to rhythmic breathing, beginning diving, beginner strokes, and water safety. These swimmers are not afraid to put their face in the water, can float and doggy paddle.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Blue</b>			3:45-4:15pm	3:15-3:45pm	3:15-3:45pm		11-11:30am
<b>Red</b>	12-12:30pm		3:15-3:45pm	3:45-4:15pm	3:45-4:15pm		11:30-12pm

### Group Lesson Rates:

	Member	Ea. Add'l Child*	Non-Member	Ea. Add'l Child*
13 Lessons (M)	\$172.25	\$156.00	\$208.00	\$188.50
14 Lessons (T W Th F Sa Su)	\$185.50	\$168.00	\$224.00	\$203.00