



Spa 23 Swim School

Competitive Programs

Fall 2018

Competitive Edge: Monday & Wednesday 8:30-9:30 pm

For swimmers ages 12 and up. High level competitive swimmer workout program focused on stroke technique, conditioning and speed development. Legal execution of all four strokes required. Session lengths and pricing below. This Session is coached by Vera Blazevska. Drop in: \$39 per class.

Session #4- Nov 26 to Dec 19, 4 weeks, 2 classes per week. Members: \$240, Guests: \$280

Advanced Stroke Clinic: Wednesday 6:30-7:30 pm

For swimmers ages 9 and up. Competitive swimmer workout program focused on stroke technique, workout guidelines, and conditioning. Legal execution of all four strokes required. Promotion from Beginner Stroke Clinic or swim test required. This session is coached by Sean Hunton. Drop In: \$39 per class.

Session #3- Nov 28 to Dec 19, 4 weeks, 1 class per week. Members: \$120, Guests: \$140

Beginner Stroke Clinic: Tuesday 6:30-7:15 pm

For swimmers ages 7 and up. Competitive swimmer workout program focused on stroke technique and conditioning. Promotion from Level 4 or swim test required. This session is coached by Sean Hunton. Drop In: \$32 per class.

Session #3- Nov 27 to Dec 18, 4 weeks, 1 class per week. Members: \$90, Guests: \$105

Beginner Stroke Clinic: Thursday 6:30-7:15 pm

For swimmers ages 7 and up. Competitive swimmer workout program focused on stroke technique and conditioning. Promotion from Level 4 or swim test required. This session is coached by Sean Hunton. Drop In: \$32 per class.

Session #3- Nov 29 to Dec 20, 4 weeks, 1 class per week. Members: \$90, Guests: \$105

Welcome to our competitive program! For more individualized stroke development or goal specific training, ask about private lessons with one of our experienced competitive coaches! Contact, Rachel Bohmann at aquaticsdirector@spa23.com. Registration is final for chosen class. Drop ins are permitted if the class is not full. To register visit or call Member Services, 973-839-8823.

Updated for Final Fall Session, starts November 26.