



# Spa 23 Swim School Competitive Programs Spring 2018

## **Competitive Edge: Monday & Wednesday 8:30-9:30 pm\***

For swimmers ages 11 and up. High level competitive swimmer workout program focused on stroke technique, conditioning and speed development. Legal execution of all four strokes required. 4 weeks, 2 classes per week. Members: \$249 per session. Guests: \$279 per session. Drop in: \$39 per class.

Session #1- February 12 to March 7

Session #2- March 12 to April 4

Session #3- April 16 to May 9

Session #4 – May 14 to June 11 (no class Memorial Day, ends Monday June 11)

## **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. 8 weeks, 1 class per week. Members: \$249 per session. Guests; \$279 per session. Drop In: \$39 per class. Spring sessions are coached by Dave Nehls.

Session #1- February 14 to April 4

Session #2- April 18 to June 6

## **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. 8 weeks, 1 class per week. Members: \$189 per session. Guests: \$239 per session. Drop In: \$32 per class.

Session #1- February 13 to April 3

Session #2- April 17 to June 5

## **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. 8 weeks, 1 class per week. Members: \$189 per session. Guests: \$239 per session. Drop In: \$32 per class.

Session #1- February 15 to April 5

Session #2- April 19 to June 7

\* No makeups are offered for Advanced Stroke Clinic or Competitive Edge.

\*\* Beginner Stroke allows one makeup per session and must be scheduled on the opposite clinic day during the session.

There are no refunds or partial refunds for the programs once registered. Drop ins are permitted if the class is not full. To register visit or call Member Services, 973-839-8823.

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](mailto:aquaticsdirector@spa23.com).