

Spa 23 Swim School

Competitive Programs Winter 2019



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. Coach recommendation is required for this class. Session lengths and pricing below. Sessions are coached by Jane Sungurov and Vera Blazevska.

Session #1- No classes

Session #2- February 4 to February 27, 4 weeks, 2 classes per week. Members: \$240, Guests: \$280

Session #3- March 4 to March 27, 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. Sessions are coached by Dave Nehls and Sean Hunton. Drop In: \$39 per class.

Session #1- January 9 to January 30, 4 weeks, 1 class per week. Members: \$120, Guests: \$140

Session #2- February 6 to February 27, 4 weeks, 1 class per week. Members: \$120, Guests: \$140

Session #3- March 6 to March 27, 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. Sessions are coached by Jane Sungurov and Sean Hunton. Drop In: \$32 per class.

Session #1- January 8 to January 29, 4 weeks, 1 class per week. Members: \$90, Guests: \$105

Session #2- February 5 to February 26, 4 weeks, 1 class per week. Members: \$90, Guests: \$105

Session #3- March 5 to March 26, 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. Sessions are coached by Sean Hunton. Drop in: \$32 per class.

Session #1- January 10 to January 31, 4 weeks, 1 class per week. Members: \$90, Guests: \$105

Session #2- February 7 to February 28, 4 weeks, 1 class per week. Members: \$90, Guests: \$105

Session #3- March 7 to March 28, 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 your chosen class. Makeups are only offered in case of class cancellation due to facility closure. Drop ins are permitted **if the class is not full**. To register visit or call Member Services, 973-839-8823. All coaches are USA Swimming Certified Coaches.