

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. Sessions are coached by Jane Sungurov (Sessions 1-3) and Vera Blazevska (Session 4). Drop in: \$39 per class.

Session #1- Sept 10 to Sept 26, 3 weeks, 2 classes per week. Members: \$180, Guests: \$210

Session #2- Oct 1 to Oct. 17, 3 weeks, 2 classes per week. Members: \$180, Guests: \$210

Session #3- Oct 22 to Nov 14. 4 weeks, 2 classes per week. Members: \$240, Guests: \$280

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. Sessions are coached by Dave Nehls and Vera Blazevska. Drop In: \$39 per class.

Session #1- Sept 12 to Oct 17, 6 weeks, 1 class per week. Members: \$180, Guests: \$210

Session #2- Oct 24 to Nov 14, 4 weeks, 1 class per week. Members: \$120, Guests: \$140

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. Fall sessions are coached by Jane Sungurov. Drop In: \$32 per class.

Session #1- Sept 11 to Oct 16, 6 weeks, 1 class per week. Members: \$135, Guests: \$158

Session #2- Oct 23 to Nov 13, 4 weeks, 1 class per week. Members: \$90, Guests: \$105

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. Sessions are coached by Lynn English (Session 1), Sean Hunton (Session 2) and Andrew English (Session 3). Drop In: \$32 per class.

Session #1- Sept 13 to Oct 18, 6 weeks, 1 class per week. Members: \$135, Guests: \$158

Session #2- Oct 25 to Nov 15, 4 weeks, 1 class per week. Members: \$90, Guests: \$105

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.