



Spa 23 Swim School

Competitive Programs

Fall 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. Session lengths and pricing below. Drop in: \$45 per class.

Session #1- September 30-October 16, 3 weeks, 2 classes per week. Members: \$209, Guests: \$269
Session #2- October 21-November 6, 3 weeks, 2 classes per week. Members: \$209, Guests: \$269
Session #3- November 11-27, 3 weeks, 2 classes per week. Members: \$209, Guests: \$269
Session #4- December 2-December 18, 3 weeks, 2 classes per week. Members: \$209, Guests: \$269

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. Drop In: \$45 per class.

Session #1- October 2-November 6, 6 weeks, 1 class per week. Members: \$209, Guests: \$269
Session #2- November 13-December 18, 6 weeks, 1 class per week. Members: \$209, Guests: \$269

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. Drop In: \$39 per class.

Session #1- October 1-November 5, 6 weeks, 1 class per week. Members: \$159, Guests: \$201
Session #2- November 12-December 17, 6 weeks, 1 class per week. Members: \$159, Guests: \$201

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. Drop In: \$39 per class.

Session #1- October 3-November 7, 6 weeks, 1 class per week. Members: \$159, Guests: \$201
Session #2- November 14-December 19, 6 weeks, 1 class per week. Members: \$159, Guests: \$201

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.