



Spa 23 Swim School

Competitive Programs Spring 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. Drop In: \$45 per class

Session #1- April 1 to April 17, 3 weeks, 2 classes per week. Member: \$209, Guests \$269

Session #2- April 22 to May 8th, 3 weeks, 2 classes per week. Member: \$209, Guests \$269

Session #3- May 13 to May 29 (No-May 27), 3 weeks, 2 classes per week. Member: \$175, Guests \$225

Session #4- June 3 to June 19, 3 weeks, 2 classes per week. Member: \$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. Sessions are coached by Sean Hunton and Brianne LaCouture. Drop In: \$45 per class.

Session #1- April 3 to May 8, 6 weeks, 1 class per week. Member: \$209, Guests \$269

Session #2- May 15 to June 19, 6 weeks, 1 class per week. Member: \$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. Sessions are coached by Jane Sungurov and Brianne LaCouture. Drop In: \$39 per class.

Session #1- April 2 to May 7, 6 weeks, 1 class per week. Member: \$159, Guests \$199

Session #2- May 14 to June 18, 6 weeks, 1 class per week. Member: \$159, Guests \$199

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 and Nicholas Campione. Drop in: \$39 per class.

Session #1- April 4 to May 9, 6 weeks, 1 class per week. Member: \$159, Guests \$199

Session #2- May 16 to June 20, 6 weeks, 1 class per week. Member: \$159, Guests \$199



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 cancelation 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.