

# Spa 23 Swim School

## Competitive Programs Winter 2020



### 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 \$39 per class.

Session #1 and #2- No classes due to High School Swim Schedule

Session #3- February 17 to March 4, 3 weeks, 2 classes per week, Members: \$209, Guests: \$269

Session #4- March 4 to March 25, 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. Sessions are coached by Sean Hunton and Brianne LaCouture. Drop in \$39 per class.

Session #1- January 8 to February 12, 6 weeks, 1 class per week. Members: \$209, Guests: \$269

Session #2- February 19 to March 25, 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. Sessions are coached by Jane Sungurov and Andrew English. Drop In: \$35 per class.

Session #1- January 7 to February 11, 6 weeks, 1 class per week. Members: \$159, Guests: \$239

Session #2- February 18 to March 24, 6 weeks, 1 class per week. Members: \$159, Guests: \$239

### 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 Brianne Lacouture and Sean Hunton. Drop in: \$35 per class.

Session #1- January 9 to February 13, 6 weeks, 1 class per week. Members: \$159, Guests: \$239

Session #2- February 20 to March 26, 6 weeks, 1 class per week. Members: \$159, Guests: \$239

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). 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.**