

Catch the Olympic Wave

with the

WINNING COMBINATION



LEARN TO SWIM:

Classes offered to children 6 months and older (Sparta) and 5 and older (Blairstown). Sparta features include 30 minute classes, flexible scheduling, 4 children to 1 instructor, warm water. Blairstown features 30 or 45 minute classes, evenings only, and 5 children to 1 instructor. Both sites offer a national swim program under supervision of experienced coaches/instructors.

LEARN TO RACE:

Developmental Stroke School: devoted to competitive stroke instruction with an emphasis on balance in the water through specialized drills. This program is for children ages 7 and over. Each student will learn proper technique in the four competitive strokes, racing starts and turns, while having FUN along the way. *The STROKE SCHOOL is an excellent supplement to summer league programs or for anyone with a minimum time commitment.* This is **NOT** a learn to swim program. (To qualify a swimmer must be able to swim 50 yards of freestyle, breathing properly, 25 yards backstroke, and dive from a starting block.) (Blairstown only.) Discounts for Groups of 10 or more.

SWIM TO WIN Seminar Series:

Topics of interest for the serious minded high school athlete including advanced stroke mechanics, racing skills, nutrition, strength training, flexibility, and mental preparation. Discounts for Groups of 10 or more.

For more information or to register

CALL TODAY

973-729-3737

www.swimfitnesscenter.com

www.jerseygators.org