

New & Updated Class Levels! Please refer to the website for more information on each level.



workout club
Salem
 16 Pelham Rd
 Salem, NH
 603-894-4800

No classes
 Monday Oct. 10
 Last Monday
 class
 will be
 Oct. 24!

FALL SESSION 1 - SWIM LESSON SCHEDULE
 SIX WEEK SESSION; ONE CLASS A WEEK

Sessions begins Saturday Sept 10th – Friday Oct 21st 2022



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				10:30-11:00am Parent/Child Family Pool Sharon	9:00-9:30am Guppies/Readiness w/Parent Splash Area Karisah	9:00-9:30am Guppies/Readiness w/Parent Splash Area Karisah
	4:05-4:50pm Adv. Beginner/Level 2 Slide Pool Reagan		4:00-4:30pm Parent/Child Family Pool Ruth			9:35-10:05am Parent/Child Family Pool Karisah
4:15-4:45pm Starfish/Preschool 1 Family Pool Gena	4:15-4:45pm Starfish/Preschool 1 Family Pool Gena	4:15-4:45pm Starfish/Preschool 1 Family Pool Gena	4:05-4:50pm Adv. Beginner/Level 2 Slide Pool Colleen	11:05-11:35am Guppies/Readiness w/Parent Splash Pad Sharon	9:15-10:00am Intermediate/Level 3 Lap Pool Addison	
		4:35-5:20pm Intermediate/Level 3 Lap Pool Ruth				10:10-10:40am Guppies/Readiness w/Parent Splash Pad Karisah
4:50-5:20pm Minnows/Preschool 2 Family Pool Gena	4:50-5:20pm Minnows/Preschool 2 Family Pool Gena		4:35-5:05pm Guppies/Readiness w/Parent Splash Pad Ruth		9:35-10:05am Parent/Child Family Pool Karisah	
	4:55-5:40pm Intermediate/Level 3 Lap Pool Reagan	4:50-5:20pm Minnows/Preschool 2 Family Pool Gena	4:55-5:40pm Intermediate/Level 3 Lap Pool Colleen			10:45-11:15am Parent/Child Family Pool Karisah
5:25-5:55pm Dolphins/Preschool 3 Family Pool Gena		5:25-5:55pm Dolphins/Preschool 3 Family Pool Gena		4:15-4:45pm Starfish/Preschool 1 Family Pool Colleen	10:05-10:50am Advanced/Level 4/5/6 Lap Pool Addison	
	5:25-5:55pm Dolphins/Preschool 3 Family Pool Gena		5:15-5:45pm Dolphins/Preschool 3 Family Pool Ruth			
6:00-6:45pm Adv Beginner/Level 2 Family Pool Gena	5:45-6:15pm Minnows/Preschool 2 Slide Pool Reagan	5:25-6:10pm Advanced/Levels 4/5/6 Lap Pool Ruth	5:45-6:15pm Minnows/Preschool 2 Slide Pool Colleen	4:50-5:20pm Minnows/Preschool 2 Family Pool Colleen	10:10-10:40am Starfish/Preschool 1 Family Pool Karisah	
	6:00-6:45pm Beginner/Level 1 Family Pool Gena					
		6:00-6:45pm Adv Beginner/Level 2 Family Pool Gena		5:25-5:55pm Dolphins/Preschool 3 Family Pool Colleen	10:55-11:40am Advanced/Level 4/5/6 Lap Pool Addison	
				6:00-6:45pm Adv Beginner/Level 2 Family Pool Colleen	10:45-11:30am Beginner/Level 1 Family Pool Karisah	
<p>Parent/Child, Readiness & Preschool level classes meet 30 min each week. Members \$109 Non-Members \$129</p> <p>Youth Level classes (ages 6&over) meet 45 min each week. Members \$139 Non-Members \$159</p>						

For Questions regarding swim lessons please contact us at Ruth.Harbilas@theworkoutclub.com or Sharon.Peterson@theworkoutclub.com **We do not offer makeups unless The Workout Club Cancels. No refunds are given for classes.