



16 Pelham Rd
Salem, NH
603-894-4800

WINTER - SWIM LESSON SCHEDULE
SIX WEEK SESSION; ONE CLASS A WEEK
Sessions begins January 7th, 2023



****no class Sat 1/21 or Sun 1/22**

Monday 1/9-2/13	Tuesday 1/10-2/14	Wednesday 1/11-2/15	Thursday 1/12-2/16	Friday 1/13-2/17	Saturday 1/7-2/18	Sunday 1/8-2/19
				10:30-11:00am Parent/Child Family Pool Sharon	9:00-9:30am Guppies/Readiness w/Parent Splash Area Colleen	9:00-9:30am Parent/Child Family Pool Lisa
4:15-4:45pm Starfish/Preschool 1 Splash Area Paige			4:05-4:50pm Advanced/Levels 4/5/6 Lap Pool Gena			
4:45-5:15pm Minnows/Preschool 2 Slide Pool Grace	4:15-4:45pm Starfish/Preschool 1 Family Pool Sarah	4:25-5:10pm Beginner/Level 1 Lap Pool Paige	4:05-4:50pm Adv. Beginner/Level 2 Slide Pool Sarah	11:05-11:35am Guppies/Readiness w/Parent Splash Pad Sharon	9:15-10:00am Intermediate/Level 3 Lap Pool Addison	9:10-9:40am Minnows/Preschool 2 Slide Pool Sarah
4:50-5:35pm Adv Beginner/Level 2 Family Pool Paige	4:50-5:20pm Minnows/Preschool 2 Family Pool Sarah	4:25-5:10pm Intermediate/Level 3 Family Pool Theo	4:55-5:40pm Intermediate/Level 3 Lap Pool Gena		9:35-10:05am Parent/Child Family Pool Colleen	9:35-10:05am Guppies/Readiness w/Parent Splash Area Lisa
5:20-5:50pm Dolphins/Preschool 3 Slide Pool Grace	5:25-5:55pm Dolphins/Preschool 3 Family Pool Sarah	5:15-5:45pm Dolphins/Preschool 3 Family Pool Paige	4:55-5:25pm Minnows/Preschool 2 Slide Pool Sarah		10:05-10:50am Advanced/Level 4/5/6 Lap Pool Addison	9:45-10:15am Dolphins/Preschool 3 Slide Pool Sarah
5:45-6:15pm Minnows/Preschool 2 Splash Area Paige	5:45-6:30pm Advanced/Levels 4/5/6 Slide Pool Gena	5:15-6:00pm Advanced/Levels 4/5/6 Lap Pool Theo	5:30-6:00pm Starfish/Preschool 1 Family Pool Sarah			
		5:50-6:35pm Adv Beginner/Level 2 Family Pool Paige	5:45-6:30pm Advanced/Levels 4/5/6 Lap Pool Gena	4:25-4:55pm Minnows/Preschool 2 Family Pool Colleen	10:10-10:40am Starfish/Preschool 1 Family Pool Colleen	10:10-10:45am Parent/Child Family Pool Lisa
Adults 5:45-6:15pm Beginner Swim Club Lap Pool Sharon	6:00-6:45pm Adv Beginner/Level 2 Family Pool Sarah			5:00-5:45pm Beginner/Level 1 Family Pool Colleen	10:55-11:40am Advanced/Level 4/5/6 Lap Pool Addison	10:20-11:05am Adv Beginner/Level 2 Slide Pool Sarah
Adults 6:20-6:50pm Intermediate to Advanced Swim Club Lap Pool Sharon				5:50-6:35pm Adv Beginner/Level 2 Family Pool Colleen	10:45-11:30am Beginner/Level 1 Family Pool Colleen	11:00-11:30am Guppies/Readiness w/Parent Lisa

Adults, Parent/Child, Readiness & Preschool level classes meet 30 min each week.
Members \$109 Non-Members \$129

Youth Level classes (ages 6&over) meet 45 min each week.
Members \$139 Non-Members \$159

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.**