



*Together, we can save a life*



# Summer 2017 Swim Lessons

Session	Description	Dates
A	3 Week Session meets twice a week for 3 weeks	July 11- July 28
B	3-week Session meets twice a week for 3 weeks	August 1-18
C	6-week Session meets once a week for 6 weeks	July 10-August 20

**16 Manor Parkway Salem, NH**

**603.893.8612**

**[www.salemathleticclub.com](http://www.salemathleticclub.com)**

## Summer Sessions A & B meet twice a week for 3 weeks

Monday	Tuesday	Wednesday	Thursday	Friday	<p style="text-align: center;"><b>We offer Private, Semi-private or Group Private Swim Lessons</b></p>
	11:00-11:45 Level 3 Brooke	9:00-9:30 PSA 3 Mike	11:00-11:45 Level 3 Brooke	9:00-9:30 PSA 3 Mike	
	11:45-12:15 Level 2 Brooke	9:30-10:00 Level 1 Mike	11:45-12:15 Level 2 Brooke	9:30-10:00 Level 1 Mike	
	12:15-12:45 PSA 1 Brooke	12:00-12:45 Level 4 Mike	12:15-12:45 PSA 1 Brooke	12:00-12:45 Level 4 Mike	
	12:30-1:00 PSA 3 Laurie	12:45-1:15 PSA 2 Mike	12:30-1:00 PSA 3 Laurie	12:45-1:15 PSA 2 Mike	
5:00-6:00 BTS Scotty	1:00-1:45 Level 4 Laurie	5:00-6:00 BTS Scotty	1:00-1:45 Level 4 Laurie		
6:00-7:00 Adv. T. S. Scotty		6:00-7:00 Adv. T. S. Scotty			

## Summer Session C meets once a week for 6 weeks

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-9:30 Level 1 Brooke		8:45-9:15 Level 2 Laurie				9:00-9:45 Level 4 Brooke
9:30-10:00 Level 2 Brooke		9:15-10:00 Level 4 Laurie	11:00-11:30 Parent/ Child Laurie		9:30-10:00 Parent/ Child Laurie	9:45-10:15 Level 2 Brooke
		12:00-12:30 PSA 3 Laurie	11:30-12:30 Level 5/6 Laurie		10:00-10:30 PSA 2 Laurie	10:15-11:00 Level 3 Brooke
4:15-5:00 Level 4 Mike		12:30-1:15 Level 3 Laurie		12:00-12:30 Level 2 Laurie	10:30-11:15 Level 4 Laurie	11:00-11:30 PSA 1 Brooke
5:00-5:30 PSA 2 Mike					11:15-11:45 Level 2 Laurie	
5:30-6:00 Level 1 Mike					12:30-1:30 Adult Laurie	

# Summer 2017 Swim Lessons

<b>Parent and Child Aquatics</b> Member \$84 Nonmember \$96		
Level 1		
Day	Time	Instructor
Thursday	11:00-11:30am	Laurie
Saturday	9:30-10:00am	Laurie



SESSION A - July 11-July 28

SESSION B - August 1-18



SESSION C - July 10-August 20

<b>Preschool Aquatics</b> Member \$84 Nonmember \$96								
PSA 1			PSA 2			PSA 3		
Day	Time	Instructor	Day	Time	Instructor	Day	Time	Instructor
Tue & Thu	12:15-12:45pm	Brooke	Wed & Fri	12:45-1:15pm	Mike	Tue & Thu	12:30-1:00pm	Laurie
Sunday	11:00-11:30am	Brooke	Monday	5:00-5:30pm	Mike	Wed & Fri	9:00-9:30am	Mike
			Saturday	10:00-10:30am	Laurie	Wednesday	12:00-12:30pm	Laurie

<b>Learn-to Swim Program</b>								
Levels 1 & 2 Member \$84 Nonmember \$96			Levels 3 & 4 Member \$96 Nonmember \$108			Levels 5/6 & Adult Lessons Member \$102 Nonmember \$114		
Advanced & Beginners Team Swim Member \$72 Nonmember \$78								

Level 1			Level 2			Level 3		
Day	Time	Instructor	Day	Time	Instructor	Day	Time	Instructor
Wed & Fri	9:30-10:00am	Mike	Tue & Thu	11:45-12:15pm	Brooke	Tue & Thu	11:00-11:45am	Brooke
Monday	9:00-9:30am	Brooke	Monday	9:30-10:00am	Brooke	Wednesday	12:30-1:15pm	Laurie
Monday	5:30-6:00pm	Mike	Wednesday	8:45-9:15am	Laurie	Sunday	10:15-11:00am	Brooke
			Friday	12:00-12:30pm	Laurie			
			Saturday	11:15-11:45am	Laurie			
			Sunday	9:45-10:15am	Brooke			

Level 4			Level 5 /6			Team Swims—Beginners		
Day	Time	Instructor	Day	Time	Instructor	Day	Time	Instructor
Tue & Thu	1:00-1:45pm	Laurie	Thursday	11:30-12:30pm	Laurie	Mon & Wed	5:00-6:00pm	Scotty
Wed & Fri	12:00-12:45pm	Mike						
Monday	4:15-5:00pm	Mike	Adult Lessons			Team Swim—Advanced		
Wednesday	9:15-10:00am	Laurie	Saturday	12:30-1:30pm	Laurie	Mon & Wed	6:00-7:00pm	Scotty
Saturday	10:30-11:15am	Laurie						
Sunday	9:00-9:30am	Brooke						

## Beginners Team Swim:

Join our exciting, non competitive swim team for a great work-out. We will work on endurance swims, timed swims, starts and turns, and stroke technique. This class meets twice a week for 1 hour. Session A and/or B.

**Prerequisites:** ages 7 – 10 Must have completed Level 5 or have instructor approval.

Must be able to swim one lap (50 yards) of front crawl, backstroke, breaststroke and one length (25 yards) of butterfly.

**Skills Learned:** turns and refinement of strokes

Mon & Wed 5:00-6:00pm Instructor: Scotty

Session A July 10-26

Members \$72

Nonmembers \$78

Session B July 31–Aug. 16

## Advanced Team Swim:

This non competitive swim team is for the highly skilled swimmer. We will work on endurance swims, timed swims, starts and turns, and stroke technique. This class meets twice a week for 1 hour. Session A and/or B

**Prerequisites:** ages 11 & UP Must have completed Level 6 or have instructor approval. Must be able to swim 300 yards of front crawl, 100 yards backstroke, 100 yards breaststroke and 50 yards of butterfly.

**Skills Learned:** refinement of all competitive strokes.

Mon & Wed 6:00-7:00pm Instructor: Scotty

Session A July 10-26

Members \$72

Nonmembers \$78

Session B July 31-Aug. 16

## Adult Beginner Lessons :

Basic Beginner Course for the adult who wants to learn to swim. Session C only.

**Skills Learned:** front float, back float, front crawl, rhythmic breathing.

Saturday: 12:30-1:30pm Instructor: Laurie Members: \$102 Nonmembers: \$114

### Youth Private Lessons (Prices for 6 Lessons)

Give your child a chance to have one on one (or 2 on 1) instruction.

Each private lesson will meet 30 minutes for children and 45 minutes for Juniors(13 & up).

Siblings or friends are welcome to come together. Please call for available times.

	<u>One child</u>	<u>Two children</u>	<u>One Juniors</u>	<u>Two Juniors</u>
Private Lessons for SAC Members:	\$210	\$270	\$270	\$315
Private Lessons for Nonmembers:	\$240	\$300	\$315	\$360

### Masters Swim Workouts

This workout is for individuals with a broad range of abilities, from fitness and lap swimmers to triathletes and competitively minded swimmers. **This is not a learn to swim class.**

Members: **FREE** Nonmember Drop in per workout: \$10 With Member Guest Fee: \$8 per workout

**Monday, Wednesday & Thursday 7:00-8:00pm - Fridays 5:10-6:00am**

# How to register for the Summer Sessions

## Register by phone:

Call Salem Athletic Club at (603) 893-8612 and ask for voice mail box #24. Listen carefully to the recording and be sure to leave the following information:

- Your name, address, city, state and zip code
- Your SAC #
- Your phone numbers (home, cell and/or work)
- Your e-mail address
- Student's name and age
- Class name (Level 1, Adult Advanced, etc)
- Day, Time, Session and Class Instructor
- Medical Conditions
- Tufts Health Plan state Tufts # & birth date (must designate SAC as your health club through Tufts)
- Credit card number, expiration date & 3 digit security code off back of card



*When payment has been received we will call you to confirm your registration.  
Don't forget to pick up your "swipe" card at the front desk.*

## Register by mail:

Fill out the registration form in the back of this book and mail it, along with your payment, to:

**Salem Athletic Club,  
16 Manor Parkway  
Salem, NH 03079 ATTN. Pool**

## Register in person:

Fill out the registration form in this book and drop it off at our front desk with your payment.

## Session A

July 11-July 28

Tues. & Thurs.  
July 11, 13, 18, 20, 25 & 27  
Wed & Fri  
July 12, 14, 19, 21, 26 & 28

## Session B

August 1-18

Tues. & Thurs.  
August 1, 3, 8, 10, 15 & 17  
Wed & Fri  
August 2, 4, 9, 11, 16 & 18

## Session C

July 10– August 20

Mon. July 10, 17, 24, 31 August 7 & 14  
Tues. July 11, 18, 25 August 1, 8 & 15  
Wed. July 12, 19, 26 August 2, 9 & 16  
Thurs. July 13, 20, 27 August 3, 10 & 17  
Fri. July 14, 21, 28 August 4, 11 & 18  
Sat. July 15, 22, 29 August 5, 12 & 19  
Sun. July 16, 23, 30 August 6, 13 & 20

# Swim Lesson Registration Form

Name:(parent/guardian) \_\_\_\_\_  
Address: \_\_\_\_\_ SAC# \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
Home Phone: \_\_\_\_\_ Work: \_\_\_\_\_  
Cell: \_\_\_\_\_ Cell: \_\_\_\_\_  
Email Address: \_\_\_\_\_

1. Student's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Session A B C  
Instructor: \_\_\_\_\_ Start Date: \_\_\_\_\_  
Class \_\_\_\_\_ Day & Time \_\_\_\_\_ Medical Cond: \_\_\_\_\_  
2. Student's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Session A B C  
Instructor: \_\_\_\_\_ Start Date: \_\_\_\_\_  
Class \_\_\_\_\_ Day & Time \_\_\_\_\_ Medical Cond: \_\_\_\_\_

## TUFTS NONMEMBERS

To receive the members discount price you must designate Salem Athletic Club as your health club with Tufts and include the following information in full.

Identification # : \_\_\_\_\_  
Subscriber's name: \_\_\_\_\_ Suffix: 01 DOB: \_\_\_\_\_  
Spouse's name: \_\_\_\_\_ Suffix: \_\_\_\_\_ DOB: \_\_\_\_\_  
Child's name: \_\_\_\_\_ Suffix: \_\_\_\_\_ DOB: \_\_\_\_\_  
Child's name: \_\_\_\_\_ Suffix: \_\_\_\_\_ DOB: \_\_\_\_\_

The participant is in good physical condition. Salem Athletic Club cannot be held responsible for loss or damage to property or possessions. The participant agrees to follow the rules and regulations set by Salem Athletic Club and assumes full responsibility for personal injury and illness while at the club. Due to the popularity of our classes, makeup lessons are not given. **Payment is nonrefundable and nontransferable. If cancellation occurs for a medical reason, a SAC Aquatics Credit will be given. Depending on enrollment, classes may be combined or cancelled.**

Credit Card Info:    Visa    MC    Disc

# \_\_\_\_\_ Exp. Date: \_\_\_\_\_ CVV: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Staff use only: Staff Int: \_\_\_\_\_ Confirmation Call: \_\_\_\_\_ Written in book: \_\_\_\_\_ Amount Due: \_\_\_\_\_

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July 11, 13, 18, 20, 25 & 27

Wed & Fri

July 12, 14, 19, 21, 26 & 28

## Session B

August 1 - 18

Meets twice a week for 3 weeks

Tues. & Thurs.

August 1, 3, 8, 10, 15 & 17

Wed & Fri

August 2, 4, 9, 11, 16 & 18

## Session C

July 10-August 20

Meets once a week for 6 weeks

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Fri. July 14, 21, 28 August 4, 11 & 18

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Sun. July 16, 23, 30 August 6, 13 & 20