



**American
Red Cross**

Together, we can save a life

American Red Cross SWIM LESSONS

Late Fall Session Oct 17-Dec 3, 2017

*****No Classes Thanksgiving Weekend***
November 21-26**



Late Fall 2017



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		9:00-10:00 PSA 2 Laurie			9:00-9:45 Level 4 Mary	9:00-9:30 Level 1 Brooke
		9:30-10:00 Parent/Child Laurie	11:00-11:30 PSA 1 Laurie		9:30-10:00 Parent/Child Laurie	9:30-10:15 Level 3 Brooke
		12:00-12:30 PSA 1 Laurie	11:30-12:00 PSA 2 Laurie	12:00-12:30 PSA 2 Laurie	9:45-10:15 Level 2 Mary	10:15-10:45 PSA 2 Brooke
3:45-4:30 Level 3 Brooke		12:30-1:00 PSA 3 Laurie	12:00-12:30 PSA 3 Laurie		10:00-10:30 PSA 3 Laurie	10:45-11:30 Level 4 Brooke
4:30-5:15 Level 4 Brooke	3:45-4:15 Level 2 Laurie	3:45-4:30 Level 4 Laurie			10:30-11:00 Parent/Child Laurie	11:30-12:00 Level 2 Brooke
5:15-5:45 PSA 2 Brooke	4:15-5:00 Level 3 Laurie	4:30-5:15 Level 3 Laurie	3:45-4:30 Level 3 Laurie	3:30-4:00 Level 2 Laurie	10:45-11:15 PSA 2 Mary	
5:45-6:15 PSA 1 Brooke	5:00-5:30 Level 1 Laurie	5:15-5:45 Level 1 Laurie	4:30-5:00 Level 2 Laurie	4:00-5:00 Level 5/6 Laurie	11:15-11:45 Level 1 Mary	
5:00-6:00 BTS Scotty		5:00-6:00 BTS Scotty	5:00-5:45 Level 4 Laurie			
6:00-7:00 ATS Scotty		6:00-7:00 ATS Scotty			12:30-1:30 Adult Laurie	



Celebrate your Birthday with a Pool Party!!!

**Call the Club and leave a message on Extension 19.
We'll call you back with more information.**

Classes meet once a week for six weeks

Parent and Child Aquatics Member \$84 Nonmember \$96		
Day	Time	Instructor
Wednesday	9:30-10:00am	Laurie
Saturday	9:30-10:00am	Laurie
Saturday	10:30-11:00am	Laurie



Preschool Aquatics			Member \$84 or Nonmember \$96					
PSA 1			PSA 2			PSA 3		
Day	Time	Instructor	Day	Time	Instructor	Day	Time	Instructor
Mon	5:45-6:15pm	Brooke	Mon	5:15-5:45pm	Brooke	Wed	12:30-1:00pm	Laurie
Wed	12:00-12:30pm	Laurie	Wed	9:00-9:30am	Laurie	Thurs	12:00-12:30pm	Laurie
Thurs	11:00-11:30am	Laurie	Thurs	11:30-12:00pm	Laurie	Sat	10:00-10:30am	Laurie
			Fri	12:00-12:30pm	Laurie			
			Sat	10:45-11:15am	Mary			
			Sun	10:15-10:45am	Brooke			

Learn-to Swim Program								
Levels 1 & 2 Member \$84 or Nonmember \$96								
Levels 3 & 4 Member \$96 or Nonmember \$108								
Level 5/6 & Adult Member \$102 Nonmember \$114								
Level 1			Level 2			Level 3		
Day	Time	Instructor	Day	Time	Instructor	Day	Time	Instructor
Tue	5:00-5:30pm	Laurie	Tue	3:45-4:15pm	Laurie	Mon	3:45-4:30pm	Brooke
Wed	5:15-5:45pm	Laurie	Thurs	4:30-5:00pm	Laurie	Tue	4:15-5:00pm	Laurie
Sat	11:15-11:45am	Mary	Fri	3:30-4:00pm	Laurie	Wed	4:30-5:15pm	Laurie
Sun	9:00-9:30am	Brooke	Sat	9:45-10:15am	Mary	Thurs	3:45-4:30pm	Laurie
			Sun	11:30-12:00pm	Brooke	Sun	9:30-10:15am	Brooke
Level 4			Level 5 /6			Team Swims		
Day	Time	Instructor	Day	Time	Instructor	Class	Time	Instructor
Mon	4:30-5:15pm	Brooke	Fri	4:00-5:00pm	Laurie	BTS M&W	5:00-6:00pm	Scotty
Wed	3:45-4:30pm	Laurie	Adult Lessons			ATS M&W	6:00-7:00pm	Scotty
Thurs	5:00-5:45pm	Laurie				Sat	12:30-1:30pm	Laurie
Sat	9:00-9:45am	Mary						
Sun	10:45-11:30am	Brooke						

Masters Swim Workouts

This workout is for Adult individuals ages 18 yrs. and older with a broad range of abilities, from fitness and lap swimmers to tri-athletes and competitively minded swimmers. **This is not a learn to swim class.**

Members: **FREE**

Nonmember Drop in: \$12 per workout

With Member Guest Fee: \$10 per workout

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

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

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 Members \$144 Nonmembers \$156

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

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 Members \$144 Nonmembers \$156

Team Boot Camp:

This is a Boot Camp for the teenager preparing for the next competitive swim season. Practices will be geared towards building a solid endurance base and refinement of racing strokes.

Prerequisites: ages 13 & UP Must have completed Level 6, participated on a swim team or have instructor approval.

Session I October 16th-October 27th

Session II October 30-November 10th

Monday – Friday 3:00-4:00pm Instructor: Scotty Members: \$120 per Session Nonmembers: \$130 per Session

Youth Private 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), once a week for six weeks.

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

Adult Beginner Group Lessons:

Basic Beginner Course for the adult who wants to learn how to swim

Skills Learned: front & back float, front & back crawl, rhythmic breathing, elementary backstroke, sidestroke.

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

Adult H₂O Personal Training

One hour sessions in singles, or packages of three, six, eight, and twelve lessons are available. Perfect for the beginner swimmer to the seasoned triathlete. Please call for more information



American Red Cross Swim Levels

Parent/Child Aquatics (30 minute classes once a week)

Ages 6 months to 4 years. Familiarizes young children to the water in a fun group setting. Preparation for Preschool Aquatics Classes

Preschool Aquatics (PSA) Levels 1, 2 & 3

(30 minute classes once a week)

Preschool Aquatics Level 1 First class without a parent for children ages 3 and up who are capable of listening and following directions

Preschool Aquatics Level 2 Children are comfortable in the water and ready to learn basic water skills

Preschool Aquatics Level 3 Classes held in deep lane. Must be able to swim unassisted 3-5 feet on front and able to float on back

Learn to Swim Levels 1 & 2 (30 minute classes once a week)

Level 1 Introductory lesson for school age children. How to get in and out of pool, blowing bubbles and learning to float

Level 2 Not afraid of the water. Learning to swim independently

Learn to Swim Levels 3 & 4 (45 minute classes once a week)

Level 3 Must be able to jump into deep water and swim 3-5 feet. Basic stroke development

Level 4 Must be able to swim 12 –20 feet on back and front. Work on stroke development of front and back crawl, elementary backstroke, butterfly and sidestroke

Learn to Swim Levels 5 & 6 (60 minute classes once a week)

Level 5 Must be able to swim 25 yards each of front and back crawl, breast stroke and butterfly

Level 6 For the advanced swimmer. Work on endurance and technique of all strokes

Team Swim Workouts (60 minute workouts twice a week)

Pre-Team Swim Must be at least 6 years old and have completed Level 4. Capable of swimming one length (25 yards) of freestyle, backstroke, and breaststroke

Beginners Team Swim Must be at least 7 years old and have completed Level 5. Capable of swimming 200 continuous yards with flip turns and one lap(50 yards) freestyle, backstroke, breaststroke and butterfly

Advanced Team Swim Must be at least 11 years old and capable of swimming 400 continuous yards and be proficient in all competitive strokes

How to register for Swim Lessons

You may sign up in person at our front desk or you may call our voice mail #24 with your registration. Please stop at the front desk on or before your first lesson to receive your "swipe" card to use each time you come into the Club.

Tufts Health plan members will receive member's prices provided they have designated SAC as their health club.

THANK YOU FOR YOUR COOPERATION

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
- SAC #
- Your phone numbers (home, cells and/or work)
- Your e-mail address
- Student's name, age and SAC#
- Instructor & Start date of Class
- Class/Day & Time and any Medical Conditions
- Tufts Health Plan Identification #, Subscriber's name & birth date and all other Family members names and dates of birth (must designate SAC as your health club through Tufts to receive Member's prices)
- Credit card number, expiration date & 3 digit CVV# 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.*

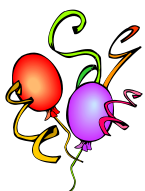
Register by mail:

Fill out the registration form on the back 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 and drop it off at our front desk with your payment.



Birthday Parties call ext. 19
(Please allow 48 hrs. for a call back)

Pool Rentals call ext. 16
(Please allow 48 hrs. for a call back)

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

1. Student's Name: _____ Age: _____ SAC# _____
Instructor: _____ Start Date: _____
Class _____ Day & Time _____ Medical Cond: _____
2. Student's Name: _____ Age: _____ SAC# _____
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: _____