



**American  
Red Cross**

*Together, we can save a life*

# **SPRING SESSION**

## **MARCH 12 - APRIL 22, 2018**

**(No Classes Easter Sunday April 1 )**

# **SWIM LESSONS**

## **For all ages!**

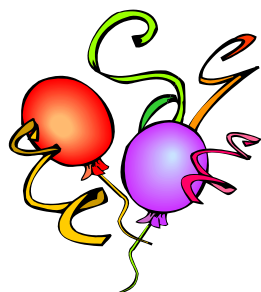


# Spring Session 2018

(No Classes Easter Sunday April 1 )



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		3:30-4:00 Level 2 Laurie	11:00-11:45 Level 3 Laurie	
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	10:45-11:15 PSA 2 Mary	
5:00-6:00 BTS Scotty		5:00-6:00 BTS Scotty	5:00-5:45 Level 4 Laurie		11:15-11:45 Level 1 Mary	
6:00-7:00 ATS Scotty		6:00-7:00 ATS Scotty			12:30-1:30 Adult Laurie	



**Celebrate your Special Occasion  
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	Sat	11:00-11:45am	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				ATS M&W	6:00-7:00pm	Scotty
Thurs	5:00-5:45pm	Laurie	Adult Lessons					
Sat	9:00-9:45am	Mary	Sat	12:30-1:30pm	Laurie			
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

## 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 H<sub>2</sub>O 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.

**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 # (if Member)
- Your phone numbers (home, cells and/or work)
- Your e-mail address
- Student's name and age
- Instructor & Start date of Class
- Class/Day & Time and any Medical Condition we should know about
- 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.*

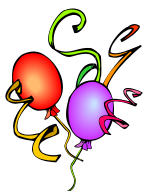
## Register by mail:

Fill out the registration form 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)**

# 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: \_\_\_\_\_

Instructor: \_\_\_\_\_ Start Date: \_\_\_\_\_

Class \_\_\_\_\_ Day & Time \_\_\_\_\_ Medical Cond: \_\_\_\_\_

2. Student's Name: \_\_\_\_\_ Age: \_\_\_\_\_

Instructor: \_\_\_\_\_ Start Date: \_\_\_\_\_

Class \_\_\_\_\_ Day & Time \_\_\_\_\_ Medical Cond: \_\_\_\_\_

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 AmEx

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

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

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