

Register by phone:

Call Salem Athletic Club at (603) 893-8612, ask for extension #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 DOB
- 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.



603-893-8612

Extension #24



**16 Manor Parkway
Salem, NH 03079
603-893-8612
www.salmathleticclub.com**



Register Now!

Swim

Lessons

6 week sessions

Oct. 16-Dec. 1

No classes Nov. 20-24



Preschool Aquatics Ages 6 months - 5 years

MEMBER \$84/ NONMEMBER \$96
(30 minute classes once a week)

Parent/Child Aquatics

Ages 6 months to 4 years. Familiarizes young children to the water in a fun group setting.

Friday 1:00-1:30pm
Saturday 10:45-11:15am

Preschool Aquatics Level 1

Ages 3- 5 years. First class without a parent for children who are capable of listening and following directions.

Wednesday 12:00pm-12:30pm

Preschool Aquatics Level 2

Ages 3- 5 years. Children who are comfortable in the water and ready to learn basic water skills.

Wednesday 9:30-10:00am
Wednesday 12:30-1:00pm

Preschool Aquatics Level 3

Ages 3- 5 years. Must be able to swim unassisted 3-5 feet on front and able to float on back.

Saturday 10:15-10:45am

Youth Private Swim Lessons

Want 1 on 1 (or 2 on 1) instruction for your child? Lessons are 30 or 45 minutes depending on child's age or level. Please call for details.

Learn to Swim Levels 1 - 4 Ages 5 -13 years

MEMBER \$84/ NONMEMBER \$96
(30 minute classes once a week)

Level 1

Ages 5-13 years Introductory lesson: How to get in and out of pool, blow bubbles & learn to float.

Thursday 3:30-4:00pm

Level 2

Ages 5-13 years. Not afraid of the water.

Tuesday 3:45-4:15pm
Saturday 10:45am-11:15am

MEMBER \$96/ NONMEMBER \$108
(45 minute classes once a week)

Level 3

Ages 5-13 years. Must be able to jump into deep water & swim 3-5 feet. Basic stroke

Tuesday 5:00-5:45pm
Saturday 11:15am-12:00pm

Level 4

Ages 6-13 years. Must be able to swim 15-20 feet on front & back. Work on stroke development of front & back crawl, elementary backstroke, butterfly and sidestroke.

Tuesday 4:15pm-5:00pm
Saturday 9:15am-10:00am

Adult Swim Lessons

Beginner Course for 16 years & up to learn basics of how to swim, floats, front/back crawl, elementary backstroke, sidestroke. **\$102/\$114**

Saturdays 9:00am-10:00am

Learn to Swim Levels 5 - 6 Ages 7 -13 years

MEMBER \$102/ NONMEMBER \$114
(60 minute classes once a week)

Level 5 / 6

Ages 7-13 years. Must be able to swim 25 yards each of front & back crawl, breaststroke and butterfly.

Thursday 4:30pm-5:30pm

Team Swim Workouts

(60 minute workouts twice a week)

Beginner Team Swim

Ages 7 years & up. Must have completed Level 5. Capable of swimming 200 continuous yards with flip turns and one lap(50 yards) freestyle, backstroke, breaststroke and butterfly. **\$144/\$156**

Mons & Weds 5:00pm-6:00pm

Advanced Team Swim

Must be at least 11 years old and capable of swimming 400 continuous yards and be proficient in all competitive strokes. **\$144/\$156**

Mons & Weds 6:00pm-7:00pm

Team Boot Camp

(60 minute work out-4 times a week)

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.

Mon, Tues, Thur & Fri 3:30-4:30

Session I October 15th-October 26th

Session II October 29-November 9th

Members \$88 Nonmembers \$96 per session

16 Manor Parkway Salem, NH

www.salemathleticclub.com

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