



General Information for Swim Classes



**American
Red Cross**

Together, we can save a life

POOL RULES & POLICIES

Children under the age of 13 must be supervised by an Adult either in the water or on the deck

- Please read & follow posted NH Safety Rules
- No Lifeguard is on duty
- No Diving
- Cleansing showers must be taken before entering the pool
- Lap Lanes are for Lap Swimming/Water Walking only
- Lap Lanes must be shared during busy times
- Family Swim is in Lane 1 during scheduled times
- Children over age of 5 are not allowed in opposite locker room—Please use “Surf Shack” located in pool deck area
- Swim bars are for lessons only
- No horseplay or foul language
- Please return equipment/toys after use

SWIM PARENTS

In order to help our swim classes run smoothly, we would like to inform our newcomers and update returning parents on our current pool policies.

What to wear in the pool?

- Masks, armbands and other floating devices are not allowed during lessons.
- Long hair should be pulled back or put in a bathing cap.
- We do not recommend goggles or water shoes for our younger swimmers. However, goggles are recommended for Level 4 & above classes.
- Swim diapers or rubber pants must be worn by children who are not 100% toilet trained and may be purchased at the Front Desk. (No conventional diapers)

Where can we change?

There are two locker rooms; one for men the other for women. In cases where Dad's are bringing daughters or Mom's are bringing sons we offer alternate dressing rooms: unisex bathrooms located upstairs in the pool viewing area, across from the front desk, and the "Surf Shack" located in the pool area. Children over the age of five are **not** allowed in the opposite sex locker room!

Where can parents watch?

We have found that having parents down on our pool deck is not only distracting to our classes but also poses a safety risk (especially with younger siblings running around). Parents are welcome to watch their child's class from the pool viewing area, located upstairs. (Toys and books are available for siblings) Younger children should be escorted into the pool area where they are to sit on the white benches until the instructors take attendance. The instructors will then get them into the shower and pool together, as a class.

What if I miss a class?

Due to our instructor/child ratio, *we do not offer make-up classes*. Weekend pool passes are available from your instructor if you have missed a lesson. SAC Kidz Credit or Family Pool Pass will be issued for absences due to sickness. (A doctor's note may be required)

If the club has made the decision to close due to weather conditions such as snow or lightning and your class is cancelled, compensation will be given for the missed class.

What level should I put my child in this year?

The best method for placing a child in the right class is to have the child tested by one of our instructors. We will have your child run through some of the skills to determine their appropriate class level. A lifeguard is normally available to test the students on Saturdays and Sundays from 1:00-3:00 pm. Please call the pool department for availability of the lifeguard for testing.

My child is three years old. Can he take the Pre-school class?

Some three year olds do great in a Preschool class. If your three year old isn't afraid of the water, is comfortable leaving their parents, and **will follow directions** of the teacher they can be enrolled in a Preschool class. There are some older children that do not meet this criteria. As such, the children did much better when placed in a Parent and Child Level 2 class. A child will learn faster if they are comfortable with the adult in the water.

Other Notes....

- **Please arrive five minutes before your lesson.**
- **Children are not allowed to enter the pool without the instructor, please have children sit on the bench until the instructor is ready to take them into the pool.**
- **Food, drinks and gum are not allowed on the pool deck or in the locker rooms. Snacks are allowed in the front lobby only.**
- **Band-Aids are not allowed in the pool.**
- **Children must leave the pool when their class ends to make room for the next class.**

We are now offering The Kidz Club to nonmembers who wish to take swim lessons and need a place for their children to have fun. The cost will be \$40.00 per child for eight one hour visits to the Nursery. Payment must be made with your swim lesson registration fee.

PARENT AND CHILD AQUATICS (30 Minute Class)

American Red Cross Parent and Child Aquatics familiarizes young children (from ages 6 months to about 3 years) to the water and prepares them to learn to swim in the American Red Cross Preschool Aquatics or Learn-to-Swim courses. It is not designed to teach children to become good swimmers or to survive in the water on their own. Parent and Child Aquatics gives parents safety information and teaches techniques to help orient their children to the water. It also provides direction regarding how to supervise water activities in a responsible manner. These courses are a bonding experience that will fill instructors, parents and children with wonderful lifelong memories.

Parent & Child Level 1

Level 1 introduces basic skills to parents and children. Parents are taught to work safely with their child in the water, including how to appropriately support and hold their child in the water and how to prepare and encourage their child to participate fully and try the skills. Children are introduced to basic skills that lay a foundation to help them learn to swim. Several water safety topics also are introduced that are directed to parents.

Parent & Child Level 2

Level 2 builds on the skills in Level 1. Participants improve on these skills and learn more advanced skills in Level 2.

PRESCHOOL AQUATICS (30 Minute Class)

American Red Cross Preschool Aquatics, consisting of three levels is an integral part of the overall Red Cross instructional aquatic and water safety program. The primary objective of the Preschool Aquatics is to promote the developmentally appropriate learning of fundamental water safety and aquatic skills by young children about 4 and 5 years of age.

Skills are grouped into aquatic and water safety categories in the following way:

- Water Entry and Exit
- Breath Control and Submerging
- Buoyancy
- Changing direction and Position
- Treading
- Swim on Front and Back
- Water Safety

Preschool Aquatics Level 1

Skills Presented: Enter/Exit water, blow bubbles 3 seconds. Submerge mouth, nose & eyes. Front/back glides. Front/back floats. Combined arm and leg actions front/back, for 2 body lengths. Discussion of safety topics. (All skills are demonstrated with assistance)

Preschool Aquatics Level 2

Skills Presented: Enter/exit water. Bobbing 3 times. Open eyes & retrieve submerges objects. Recover from front/back glide to a vertical position. Back float 5 sec. Front float 3 sec. Roll front to back and back to front. Treading water 5 sec. in shoulder deep water. Finning arm action on back 3 body lengths. Combines arm & leg actions on back 3 body lengths. Discussion of safety topics. (All skills demonstrated with assistance)

Preschool Aquatics Level 3

Skills Presented: Enter by jumping into the pool. Fully submerge/holding breath, 5 sec. Bobbing 5 times. Front/back floats 5 sec. each. Jellyfish/tuck floats 5 sec. Recover from front/back float or glide to a vertical position. Back float 15 sec. Change direction of travel while on back/front. Combined arm and leg actions on back/front 5 body lengths. Discussion of safety topics

LEARN-TO-SWIM Levels 1-6

The new American Red Cross Learn-to-Swim Program teaches aquatic and personal water safety skills in a logical progression. It consists of six levels. Participants in Level 1 are oriented to the aquatic environment and gain some basic skills in each category. Throughout the levels, participants build on their basic skills to learn various propulsive movements on the front, back and side. As the levels increase, participants learn to refine the different strokes and build endurance. Each level includes exit skills assessments that put together many of the skills learned in the level.

Learn-to-Swim Level 1 (30 minute class)

Introduction to Water Skills

Skills Presented: Enter/exit pool. Blow bubbles/bob 3 times. Open eyes under water and retrieve object. Front/back glides. Front/back floats. Recover from front/back floats to a vertical position. Roll back to front and front to back. Combined arm and leg action front/back two body lengths. Discussion of safety topics.

Learn-to-Swim Level 2 (30 minute class)

Fundamental Aquatic Skills

Skills Presented: Enter pool by jumping. Fully submerge 5 seconds. Bob 5 times. Open eyes and retrieve submerged object twice. Front, jellyfish and tuck floats for 5 seconds. Front/back glides two body lengths. Recover from both. Roll from front to back and back to front. Change direction of travel while on front/back. Combined arm and leg action 5 body lengths. Tread water 15 seconds. Discussion of safety topic.

Learn-to-Swim Level 3 (45 minute class)

Stroke Development

Skills presented: Enter pool by jumping. Headfirst entry from side (sitting position). Bob 5 times. Rotary breathing 10 times. Survival float 30 seconds. Back float 30 seconds. Change from vertical to horizontal/horizontal to vertical position on front/back. Tread water 30 seconds. Push off in a streamlined position on front and flutter/dolphin kick 3-5 body lengths. Front crawl 15 yards. Elementary backstroke 15 yards. Scissors kick 10 yards. Discussion of safety topics.

Learn-to-Swim Level 4 (45 minute class)

Stroke Improvement

Skills presented: Headfirst entry from side in sitting position. Underwater swim 3-5 body lengths. Feetfirst surface dives. Survival swimming 30 seconds. Front crawl/backstroke open turns. Treading water 2 minutes. Front crawl 25 yards. Breaststroke 15 yards. Butterfly 15 yards. Push off in a streamlined position on back and flutter/dolphin kick 3-5 body lengths. Elementary back stroke 25 yards. Back crawl 15 yards. Sidestroke 15 yards. Discussion of safety topics.

Learn-to-Swim Level 5 (60 minute class)

Stroke Refinement

Skills presented: Shallow-angle dive from side (sitting position), glide 2 body lengths and begin any front stroke. Tuck/pike surface dive. Front/back flip turns. Tread water 5 minutes. Front crawl 50 yards. Breaststroke 25 yards. Butterfly 25 yards. Elementary backstroke 50 yards. Back crawl 25 yards. Sidestroke 25 yards. Standard scull 30 seconds. Discussion of safety topics.

Learn-to-Swim Level 6 (60 minute class)

Swimming and Skill Proficiency

Skills presented: Front crawl 100 yards. Elementary backstroke 100 yards. Back crawl 50 yards. Breaststroke 50 yards. Sidestroke 50 yards. Butterfly 50 yards. Front/back crawl open turns. Sidestroke, butterfly and breaststroke turns while swimming. Use of pace clock. Circle swimming. Use of pull buoy, fins & paddles 25 yards. Calculate target heart rate. Discussion of safety topics.

Beginners Team Swim (60 minute class)

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.

Prerequisites: ages 7 – 10 Must have completed Level 4. Must be able to swim a lap of front crawl, backstroke, and breaststroke.

Skills Learned: turns and introduction to butterfly

Advanced Team Swim (60 minute class)

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.

Prerequisites: ages 11 & UP Must have completed Level 5. Must be able to swim a lap of front crawl, backstroke, and breaststroke.

Skills Learned: perfection of strokes, turns, and butterfly

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.

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

Adult Classes

Competition Swimming Personal Training

Have an edge on the competition. Each 60 minute coaching session will be geared specifically to improve your stroke for speed and endurance. Please call for Swim Coach Scotty for available times. Call or ask front desk for current personal training prices.

Adult Private Personal Training Swim Lessons

Give yourself a chance to work one on one with our certified instructors. Each private lesson will meet for 60 minutes. Please call for available times for Scotty or Laurie. Call or ask front desk for current personal training prices.

Adult Beginner Class:

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

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

Adult Intermediate/Advanced Class:

For the Adult who want to improve his/her swimming skills

Skills learned: back stroke, breast stroke, elementary stroke, side stroke & improving endurance of front crawl. Competitive turns

Triathlon Swim Skills Class:

This class refines strokes so students swim with ease, efficiency, power, and smoothness for distance events.

Adult Swim Skills Clinic

Single clinic designed to refine a specific swimming skill. Swimmers should warm-up before class starts. Sign-up for specific skill desired to be improved. Registration must be made at least two days before class is to be held.

Clinic must have a minimum of 4 students to run and is limited to 8.

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.

American Red Cross Safety Courses

Salem Athletic Club is an Authorized provider of the NH Gateway Chapter of the American Red Cross in Nashua, NH. We have trained professionals on staff who are certified to teach these courses to keep you updated on the latest safety techniques.

American Red Cross Babysitter's Training Class

For youths ages 11-15

Gain the skills and confidence you need to be the best babysitter on the block

This course will teach your child to:

- Care for children.
- Be a good leader and role model
- Make good decisions, solve problems and stay safe
- Handle emergencies such as injuries, illnesses and household accidents
- Learn business skills such as writing a resume and interviewing for a job.

American Red Cross Adult CPR/AED

Learn how to perform CPR in breathing, choking and cardiac emergencies for adults. Course includes Automated External Defibrillation (AED) training for adults, general safety steps, precautions and special situations concerning the use of AED's. Must successfully pass written and skills testing.

American Red Cross Infant and Child CPR/AED

Learn how to perform CPR in breathing, choking and cardiac emergencies for children and infants. Course includes Automated External Defibrillation (AED) training for children and infants. Must successfully pass written and skills testing.

American Red Cross Water Safety Instructor Certification and American Red Cross Lifeguard Certification

**Courses available through out the year.
Call for dates and times !!!**

How to register for a Swim Class

You may sign up in person at our front desk or you may call our voice mail #24 with your registration. As a courtesy to our senior members, we allow grandparents to enroll their grandchildren at member registration time. However, the grandchildren's swim lesson is at the nonmember price.

Tufts Health plan members may register at this time provided they have designated SAC as their club.

Swim Lesson Registration takes place for:

Members: the 6th week of previous class session

Nonmembers: the 7th week of previous class session

*****No Swim Lessons, New Years Day, Easter, Fourth of July, Labor Day, Thanksgiving Day Weekend & Christmas Day*****

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 and instructor for the class
- 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.

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 and drop it off at our front desk with your payment.



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



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