



**American  
Red Cross**

*Together, we can save a life*

# SWIM LESSONS

## Class Dates

Fall: Sept. 6-Oct. 31  
 Late Fall: Nov.3-Dec. 18\*  
 \*(6 week session)  
 Winter: Jan.2-Feb 26  
 Late Winter : Feb. 27-April 22  
 Spring: April 30-June 25  
 Summer: June 27-Aug. 22

## Prices

	<u>Mem.</u>	<u>Non.</u>
8/30min. Class	\$96	\$112
8/45min. Class	\$104	\$120
8/60min. Class	\$112	\$128

## Team Swim

16/60min. Workouts \$160 \$176

<b>Parent and Child Aquatics</b>			
<b>Level 1</b>		<b>Level 2</b>	
Wednesday	9:30-10:00am	Monday	9:30-10:00am
		Saturday	9:30-10:00am

<b>Preschool Aquatics</b>			
<b>PSA 1</b>		<b>PSA 2</b>	
Wednesday	9:30-10:00am	Wednesday	12:00-12:30pm
Saturday	10:45-11:15am	Thursday	11:30-12:00pm
		Thursday	5:00-5:30pm
		Saturday	11:30-12:00pm
<b>PSA 3</b>			
Wednesday	12:30-1:00pm		
Wednesday	4:00-4:30pm		
Friday	9:30-10:00am		
Saturday	10:10-10:40am		

<b>Learn-to Swim Program</b>			
<b>Level 1</b>		<b>Level 2</b>	
Monday	4:45-5:15pm	Monday	6:10-6:40pm
Wednesday	3:30-4:00pm	Tuesday	5:15-5:45pm
Friday	1:30-2:00pm	Wednesday	4:40-5:10pm
Saturday	12:10-12:40pm	Thursday	3:45-4:15pm
		Friday	1:00-1:30pm
<b>Level 3</b>		<b>Level 4</b>	
Monday	4:00-4:45pm	Tuesday	3:45-4:30pm
Tuesday	4:30-5:15pm	Friday	3:30-4:15pm
Thursday	4:15-5:00pm	Saturday	10:45-11:30am
Saturday	11:15-12:00pm		
<b>Level 5 &amp; 6</b>		<b>Team Swim Workouts</b>	
Friday	4:15-5:15pm	Pre-Team	Mon/Wed
Saturday	9:00-10:00am		5-6pm
		Beginners	Tue/Thurs
			5-6pm
		Advanced	Mon/Thurs
			6-7pm

# American Red Cross Swim Levels

## **Parent/Child Aquatics** (30 min. classes once a week)

**Level 1** Ages 6 months to 2 years. Familiarizes young children to the water in a fun group setting.

**Level 2** Ages 2-4 years. Preparation for Preschool Aquatics Classes.

## **Preschool Aquatics and Learn to Swim Level 1 & 2**

(30 min. 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

**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 min. workouts twice a week)

**Pre-Team Swim** Must be at least 5 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 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
- 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 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 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)**

# Swim Lesson Registration Form

Name:(parent/guardian) \_\_\_\_\_

Address: \_\_\_\_\_ SAC# \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell: \_\_\_\_\_ Work: \_\_\_\_\_

Email Address: \_\_\_\_\_

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

Class: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_ Instructor: \_\_\_\_\_

Medical Conditions: \_\_\_\_\_

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

Class: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_ Instructor: \_\_\_\_\_

Medical Conditions: \_\_\_\_\_

## 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: \_\_\_\_\_ 3 digit security code: \_\_\_\_\_

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

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