



**American
Red Cross**

**Swim
Lessons**

Registration

Monday, June 7- Member
Monday, June 14 -Nonmember

Session	Description	Dates
A	8 Week Session meets once a week for 8 weeks	July 5-Aug. 29
B	4-week Mini Session meets twice a week for 4 weeks	July 5-July 29
C	4-week Mini Session meets twice a week for 4 weeks	Aug. 2- Aug. 26

Salem Athletic Club is a proud sponsor of the 2nd Annual



GRANITE KIDS TRIATHLON

Saturday August 28, 2010

Register at
www.granitekidstriathlon.com

Contact Scotty at ext. 16 for
volunteer opportunities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15-9:45 Parent/Child 2 Scotty				5:10-6:00 Masters Swim Scotty	9:00-9:30 Parent/Child 2 Mary	9:00-9:30 Parent/ Child 2 Laurie
Wacky Waves 10:00-10:45 Scotty	Wacky Waves 10:00-10:45 Kayleigh	Wacky Waves 10:00-10:45 Scotty	Wacky Waves 10:00-10:45 Kayleigh	Wacky Waves 10:00-10:45 Laurie	9:00-10:00 Level 5 Annie	9:00-10:00 Level 5 Jackie
	11:00-11:30 Level 2 Kayleigh	2:10-2:40 Level 2 Scotty (B&C)	11:00-12:00 Level 5 Kayleigh		9:00-9:45 Level 3 Laurie	9:30-10:00 Level 1 Annie
1:15-2:00 Level 3 Scotty	11:30-12:00 Level 1 Kayleigh	2:45-3:15 Level 1 Scotty (B&C)	12:10-12:40 Level 1 Kayleigh		9:35-10:05 Parent/Child 1 Mary	9:30-10:00 Level 2 Laurie
2:10-2:40 Level 2 Scotty (B&C)	12:30-1:00 PSA 3 Kayleigh	3:00-3:30 PSA 3 Laurie	12:45-1:15 Level 2 Kayleigh	2:00-2:45 Level 3 Kayleigh	9:45-10:30 Level 4 Laurie	10:10-10:40 PSA 2 Jackie
2:45-3:15 Level 1 Scotty (B&C)	1:00-1:45 Level 3 Kayleigh	3:30-4:00 PSA 1 Laurie	1:50-2:35 Level 4(B&C) Kayleigh	2:30-3:00 Level 1 Laurie	10:10-10:40 Level 2 Annie	10:10-10:40 PSA 1 Annie
4:30-5:00 PSA 1 Rachel (B&C)	1:50-2:35 Level 4(B&C) Kayleigh	4:05-4:50 Level 3 Laurie	4:45-5:45 Beg. T. Swim (B&C) Scotty	2:50-3:20 Level 2 Kayleigh	10:10-10:40 Level 1 Mary	10:00-10:30 PSA 3 Laurie
5:00-5:30 PSA 2 Rachel (B&C)	2:40-3:10 PSA 2 Kayleigh	4:30-5:00 PSA 1 Rachel (B&C)	5:00-5:30 Level 1 Gena (B&C)	3:00-3:45 Level 4 Laurie	10:30-11:00 PSA 1 Laurie	10:45-11:30 Level 3 Jackie
5:30-6:00 PSA 3 Rachel (B&C)		5:00-5:30 PSA 2 Rachel (B&C)	5:30-6:00 Level 2 Gena (B&C)	3:45-4:15 PSA 2 Laurie	10:45:11:15 PSA 3 Mary	10:45-11:30 Level 4 Annie
6:15-7:00 Level 3 Rachel	4:45-5:45 Beg. T. Swim (B&C) Scotty	5:00-6:00 TTT(B&C) Scotty	6:00-6:30 PSA 1 Gena	3:30-4:00 PSA 1 Kayleigh	10:45-11:45 Level 6 Annie	
5:00-6:00 TTT(B&C) Scotty	5:00-5:30 Level 1 Gena (B&C)	5:30-6:15 Level 4 Laurie	6:30-7:00 Level 2 Gena		11:20-11:50 PSA 2 Mary	
6:00-7:00 Adv. T. S.(B&C) Scotty	5:30-6:00 Level 2 Gena (B&C)	5:30-6:00 PSA 3 Rachel (B&C)	6:00-7:00 Adv. T. S.(B&C) Scotty			
7:00-8:00 Masters Swim Scotty	7:00-8:00 Masters Swim Scotty	6:15-7:00 Level 3 Rachel	7:00-8:00 Masters Swim Scotty			
		6:00-7:00 Adult Beg. Scotty				
		6:15-7:15 Level 6 Laurie				
		7:00-8:00 Adult Int. Scotty				

SESSION A Classes meet once a week

8 Weeks July 5 - August 29

Parent and Child Aquatics			Member \$96 Nonmember \$112		
Level 1			Level 2		
Day	Time	Instructor	Day	Time	Instructor
Saturday	9:35-10:05am	Mary	Monday	9:15-9:45am	Scotty
			Saturday	9:00-9:30am	Mary
			Sunday	9:00-9:30am	Laurie

Preschool Aquatics			Member \$96 Nonmember \$112					
Level 1			Level 2			Level 3		
Day	Time	Instructor	Day	Time	Instructor	Day	Time	Instructor
Wednesday	3:30-4:00pm	Laurie	Tuesday	2:40-3:10 pm	Kayleigh	Tuesday	12:30-1:00pm	Kayleigh
Thursday	6:00-6:30pm	Gena	Friday	3:45-4:15pm	Laurie	Wednesday	3:00-3:30pm	Laurie
Friday	3:30-4:00pm	Kayleigh	Saturday	11:20-11:50am	Mary	Wednesday	5:30-6:00pm	Rachel
Saturday	10:30-1:00am	Laurie	Sunday	10:10-10:40am	Jackie	Saturday	10:45-11:15am	Mary
Sunday	10:10-10:40am	Annie				Sunday	10:00-10:30am	Laurie

Learn-to Swim Program								
Levels 1 & 2 Member \$96 Nonmember \$112								
Levels 3 & 4 Member \$104 Nonmember \$120								
Levels 5 & 6 Member \$112 Nonmember \$128								
Level 1			Level 2			Level 3		
Day	Time	Instructor	Day	Time	Instructor	Day	Time	Instructor
Tuesday	11:30-12:00pm	Kayleigh	Tuesday	11:00-11:30am	Kayleigh	Tuesday	12:30-1:00pm	Kayleigh
Thursday	12:10-12:40pm	Scotty	Thursday	12:45-1:15pm	Scotty	Wednesday	3:00-3:30pm	Laurie
Friday	2:30-3:00pm	Laurie	Thursday	6:30-7:00pm	Gena	Wednesday	5:30-6:00pm	Rachel
Saturday	10:10-10:40am	Mary	Saturday	10:10-10:40am	Annie	Saturday	10:45-11:15am	Mary
Sunday	9:30-10:00am	Annie	Sunday	9:30-10:00am	Laurie	Sunday	10:00-10:30am	Laurie
Level 4			Level 5			Level 6		
Day	Time	Instructor	Day	Time	Instructor	Day	Time	Instructor
Wednesday	5:30-6:15pm	Laurie	Thursday	11:00-12:00pm	Kayleigh	Wednesday	6:15-7:15pm	Laurie
Friday	3:00-3:45pm	Laurie	Saturday	9:00-10:00am	Gena	Saturday	10:45-11:45am	Annie
Saturday	9:45-10:30am	Laurie	Sunday	9:00-10:00am	Jackie			
Sunday	10:45-11:30am	Annie						

Adult Swim Lessons			Adult Skill Clinics with Scotty		
Member \$112 Nonmember \$128			Member \$15 per clinic Nonmember \$20 per clinic		
Beginner/Intermediate			Level 2		
Day	Time	Instructor	Day	Time	Instructor
Wednesday	6:00-7:00pm	Scotty	To Be Announced		
Wednesday	7:00-8:00pm	Scotty			

Four Week Summer Mini-Sessions

(B) July 5 - July 29, 2010
(C) August 2 - August 26, 2010

All Swim classes meet twice a week. Prices for classes are the same as the eight week swim courses that meet once a week. Private lessons for the mini session can be scheduled to meet twice a week depending on pool space and instructor availability.

Registration for SAC members and Tufts members starts June 7th.
Nonmembers may register starting June 14th.

PSA 1

Mon & Wed 4:30-5:00pm Rachel

PSA 2

Mon & Wed 5:00-5:30pm Rachel

PSA 3

Mon & Wed 5:30-6:00pm Rachel

Level 1

Mon & Wed 2:45-3:15pm Scotty
Tues & Thurs 5:00-5:30pm Gena

Level 2

Mon & Wed 2:10-2:40pm Scotty
Tues & Thurs 5:30-6:00pm Gena

Level 4

Tues & Thurs 1:50-2:35pm Kayleigh

Beg. T. Swim

Tues & Thurs 4:45-5:45pm Scotty

Adv. T. Swim

Mon & Thurs 6:00-7:00pm Scotty

TTT

Mon & Wed 5:00-6:00pm Scotty

Beginners Team Swim: (B & C)

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, back-stroke, and breaststroke.

Skills Learned: turns and introduction to butterfly

Tues & Thurs 4:45pm-5:45pm Instructor: Scotty

Members \$72

Nonmembers \$80

Advanced Team Swim: (B & C)

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, back-stroke, and breaststroke.

Skills Learned: perfection of strokes, turns, and butterfly

Mon & Thurs 6:00-7:00pm Instructor: Scotty

Members \$72

Nonmembers \$80

Teen Team Technique: (B & C)

This class is for the competitive swimmer who would like to improve their technique on all four competitive strokes and turns. This class meets twice a week.

Prerequisites: ages 13 & UP Must have completed Level 6

Mon. & Wed 5:00-6:00 pm Instructor: Scotty

Members \$72

Nonmembers \$80

Adult Beginner 6:00-7:00pm Intermediate Lessons 7:00-8:00pm

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

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

Wednesdays

Instructor: Scotty

Members: \$112

Nonmembers: \$128

Adult Private Lessons:

Learn to swim, prepare for a triathlon or improve your competitive racing times with our Red Cross certified instructors. One hour lessons are offered with scheduling to suit your availability.

One Lesson Three Lessons Six Lessons Eight Lessons Twelve Lessons

Member	\$75	\$165	\$315	\$420	\$600
Nonmember	\$85	\$195	\$375	\$500	\$720

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.

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:	\$200	\$280	\$280	\$340
Private Lessons for Nonmembers:	\$240	\$320	\$340	\$400

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. **This is not a learn to swim class.**

Members: **FREE**

Nonmember Drop in: \$12 per workout

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

How to register for the Summer session

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 cost is at the nonmember price.

Registration Dates
Members - Monday, June 7th
Nonmembers- June 14th

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

Register by mail:

Fill out the registration form in the back of this book and mail it, along with your payment, to:

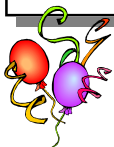
**Salem Athletic Club,
16 Manor Parkway
Salem, NH 03079 ATTN. Pool**

Register in person:

Fill out the registration form in this book 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)**

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: _____ Session: A B C

Medical Conditions: _____

2. Student's Name: _____ Age: _____

Class: _____ Day: _____ Time: _____ Session: A B C

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 Kid's Credit will be given.**

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: _____