



Fall '09 Swim Lessons

AUGUST 31 THRU OCTOBER 26

Registration

Members: Monday, August 10

Nonmembers: Monday, August 17

*****No Classes, Monday Sept. 7*****

Check out our NEW Preschool Aquatics Program.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-9:30 PSA 2 Jenn		9:00-9:30 PSA 3 Jenn		5:10-6:00 Masters Swim Scotty	9:00-10:00 Level 5 Mary	9:00-9:30 Level 2 Rachel
9:30-10:00 Parent/Child 2 Jenn		9:30-10:00 PSA 1 Jenn		7:15-8:15 Adult Int. Scotty	9:00-9:30 Parent/Child 2 Laurie	9:00-10:00 Level 6 Jackie
Wacky Waves 10:00-10:45 Jenn	Wacky Waves 10:00-10:45 Laurie	Wacky Waves 10:00-10:45 Jenn	Wacky Waves 10:00-10:45 Laurie	Wacky Waves 10:00-10:45 Laurie	9:35-10:05 Parent/Child 1 Laurie	9:40-10:10 Level 1 Rachel
12:15-1:00 Level 3 Scotty	1:30-2:00 Level 1 Laurie	12:30-1:15 Level 3 Laurie		12:00-12:30 PSA 1 Laurie	10:10-10:40 Level 2 Laurie	10:10-10:40 PSA 2 Jackie
2:10-2:40 Level 2 Scotty	2:05-2:35 PSA 2 Laurie	1:20-1:50 Level 2 Laurie		1:30-2:00 PSA 2 Laurie	10:10-10:55 Level 4 Mary	10:15-11:00 Level 3 Rachel
2:45-3:15 Level 1 Scotty	2:40-3:10 PSA 3 Laurie	1:55-2:25 Level 1 Laurie		2:05-2:50 Level 3 Laurie	10:45-11:15 PSA 3 Laurie	10:45-11:15 PSA 1 Jackie
3:30-4:15 Level 3 Scotty	3:00-3:30 Level 2 Scotty	2:30-3:00 PSA 2 Laurie		2:55-3:25 Level 1 Laurie	11:00-11:30 Level 1 Mary	11:10-11:40 PSA 3 Rachel
4:20-5:05 Level 4 Scotty	3:15-4:00 Level 3 Laurie	3:15-4:00 Level 4 Laurie		4:05-4:50 Level 4 Laurie	11:30-12:15 Level 3 Laurie	11:20-12:05 Level 4 Jackie
5:25-5:55 Parent/Child 2 Scotty	3:40-4:10 Level 1 Scotty	3:15-3:45 Level 2 Scotty	3:30-4:00 Level 2 Scotty	4:55-5:25 Level 2 Laurie	11:40-12:10 PSA 2 Mary	
	4:05-4:35 PSA 1 Laurie	3:50-4:50 Level 5 Scotty	4:15-5:15 Beg. Team Swim Scotty		12:15-12:45 PSA 1 Mary	
6:00-7:00 Adv. Team Swim Scotty	4:15-5:15 Beg. Team Swim Scotty	4:05-4:35 Level 1 Laurie	6:00-7:00 Adv. Team Swim Scotty			
7:00-8:00 Masters Swim Scotty	4:45-5:30 Level 3 Laurie	4:40-5:25 Level 3 Laurie	7:00-8:00 Masters Swim Scotty			
	7:00-8:00 Masters Swim Scotty	6:00-7:00 Adult Beg. Scotty				

Wacky Waves..for SAC member's children. Supervised splashing fun for Kids ages 4 and up who are capable of swimming on their own or with bubbles, able to dress themselves and are completely toilet trained. Please have children arrive in the nursery or Revolution Room with bathing suit under clothes.

(\$7.00 voucher for each swim is available at Front Desk)

Masters Swim Workout

Mon. Tues. Thurs. 7-8pm Fri. 5:10-6:00 am

Drop in is Free to all SAC Adult Members,

\$12 per workout for nonmembers

This workout will concentrate on endurance & speed work.

This is not a learn to swim class

DAYS, TIMES AND CLASS INSTRUCTORS

Parent and Child Aquatics members \$80 nonmembers \$88					
Parent and Child Aquatics Level 1			Parent and Child Aquatics Level 2		
Sat	9:35-10:05am	Laurie	Mon	9:30-10am	Jenn
			Mon	5:25-5:55pm	Scotty
			Sat	9:00-9:30am	Laurie

Preschool Aquatics members \$80 nonmembers \$88								
Preschool Aquatics Level 1			Preschool Aquatics Level 2			Preschool Aquatics Level 3		
Tues	4:05-4:35pm	Laurie	Mon	9:00-9:30 am	Jenn	Tues	2:40-3:10pm	Laurie
Wed	9:30-10:00am	Jenn	Tues	2:05-2:35pm	Laurie	Wed	9:00-9:30 am	Jenn
Fri	12:00-12:30pm	Laurie	Wed	2:30-3:00pm	Laurie	Sat	10:45-11:15am	Laurie
Sat	12:15-12:45pm	Mary	Fri	1:30-2:00pm	Laurie	Sun	11:10-11:40am	Rachel
Sun	10:45-11:15am	Jackie	Sat	11:40-12:10pm	Mary			
			Sun	10:10-10:40am	Jackie			

Learn-to-Swim Program								
Levels 1 & 2 members \$80 nonmembers \$88								
Levels 3 & 4 members \$88 nonmembers \$96								
Levels 5 & 6 members \$92 nonmembers \$100								
Learn-to-Swim Level 1			Learn-to-Swim Level 2			Learn-to-Swim Level 3		
Mon	2:45-3:15pm	Scotty	Mon	2:10-2:40pm	Scotty	Mon	12:15-1:00pm	Scotty
Tues	1:30-2:00pm	Laurie	Tues	3:00-3:30pm	Scotty	Mon	3:30-4:15pm	Scotty
Tues	3:40-4:10pm	Scotty	Wed	1:20-1:50pm	Laurie	Tues	3:15-4:00pm	Laurie
Wed	1:55-2:25pm	Laurie	Wed	3:15-3:45pm	Scotty	Tues	4:45-5:30pm	Laurie
Wed	4:05-4:35pm	Laurie	Thurs	3:30-4:00pm	Scotty	Wed	12:30-1:15pm	Laurie
Fri	2:55-3:25pm	Laurie	Fri	4:55-5:25pm	Laurie	Wed	4:40-5:25pm	Laurie
Sat	11:00-11:30am	Mary	Sat	10:10-10:40am	Laurie	Fri	2:05-2:50pm	Laurie
Sun	9:40-10:10am	Rachel	Sun	9:00-9:30am	Rachel	Sat	11:30-12:15pm	Laurie
						Sun	10:15-11:00am	Rachel
Learn-to-Swim Level 4			Learn-to-Swim Level 5			Learn-to-Swim Level 6 Fitness Swimmer		
Mon	4:20-5:05pm	Scotty	Wed	3:50-4:50pm	Scotty	Sun	9:00-10:00am	Jackie
Wed	3:15-4:00pm	Laurie	Sat	9:00-10:00am	Mary			
Fri	4:05-4:50pm	Laurie						
Sat	10:10-10:55pm	Mary						
Sun	11:20-12:05pm	Jackie						

Adult Members \$92 Nonmembers \$100	Adult Skill Clinics Members \$15 per clinic Nonmembers \$20 per clinic
Beginner Lessons Weds 6:00-7:00pm Scotty Intermediate Lessons Fri 7:15-8:15am Scotty	All Clinics on Weds 7:00-8:00pm - Scotty September 16th– Breaststroke October 21st– Front & Back Crawl Stroke Flip Turns

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.

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

Tues & Thurs 4:15-5:15pm Instructor: Scotty Members \$120 Nonmembers \$140

Advanced 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.

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

Mon & Thurs 6:00-7:00pm Instructor: Scotty Members \$120 Nonmembers \$140 r

Adult Beginner Lessons:

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

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

Wednesdays 6:00-7:00pm Instructor: Scotty Members: \$92 Nonmembers: \$100

Adult Intermediate Lessons:

An Intermediate Course for the adult who already is comfortable in the water and can swim yet wants to improve their skills and variety of strokes.

Skills Learned: back crawl, elementary backstroke, breast stroke, side stroke & underwater swimming.

Fridays 7:15-8:15am Instructor: Scotty Members \$92 Nonmembers \$100

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.

Members: **FREE** Nonmember Drop in: \$12 per workout

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

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

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 professional 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.

Thursdays, September 10, 17, & 24 from 3:30-5:30pm ***** Registration deadline is Sept 3rd *****

Or

Thursdays, October 8, 15 & 22 from 3:30-5:30pm ***** Registration deadline is October 8th *****

Cost: \$55 (includes 6hrs. of Instruction, booklet and certification from American Red Cross)
Minimum of 6 students required

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.

Thursday, Sept. 17th from 6-9pm

Cost: \$50 (includes booklet & American Red Cross Certification)

Minimum of 5 students required ***** Registration deadline is Sept. 10th *****

How to register for the Fall 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 is at the nonmember price.

Member Registration *
Monday, August 10th

Nonmember Registration
Monday, August 17th

*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: _____ 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 Kid's Credit will be given.**

Credit Card Info: Visa MC Disc Am Ex

_____ Exp. Date: _____ 3 digit security code: _____

Parent's Signature: _____ Date: _____

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