



Londonderry Workout Club

WINTER SWIM LESSON SCHEDULE

SIX WEEK SESSION; ONE CLASS A WEEK

Session begins Monday January 5, 2026

Monday 1/5-2/9	Tuesday 1/6-2/10	Wednesday 1/7-2/11	Thursday 1/8-2/12	Friday 1/9-2/13	Saturday 1/10-2/14	Sunday 1/11-2/15
9:45-10:15am Parent/Child Small Pool Marilyn 10:20-10:50am Guppy/Readiness w/caregiver Small Pool Marilyn 4:30-5:00pm Beginner/Level 1 Small Pool Jessica 5:05-5:50pm Advanced Beginner/Level 2 Lap Pool Jessica 5:55-6:40pm Intermediate/Lev 3 Lap Pool Jessica	4:30-5:15pm Advanced Beginner/Level 2 Small Pool Amy 5:20-6:05pm Intermediate/Level 3 Lap pool Amy 6:10-6:40pm Preschool Beginner/Level 1&2 Small Pool Amy 6:45-7:30pm PreTeam/Lev 4,5&6 Lap Pool Erin W	9:45-10:15 am Guppy/Readiness w/caregiver Small Pool Marilyn 10:20-10:50am Parent/Child Small Pool Marilyn 5:00-5:30pm Parent/Child Small Pool Sandy 5:35-6:05pm Guppy w/parent Small Pool Sandy 6:10-6:40pm Preschool Advanced/Lev 2&3 Small Pool Sandy	11-11:30am Adult Beginner Both Pools Marilyn 11:35-12:05am Adult Intermediate Lap Pool Marilyn 1:00-1:30pm Preschool Combined Small Pool Marilyn 4:30-5:00pm Starfish/Preschool 1 Small Pool Emily 5:05-5:35pm Minnow/Preschool 2 Small Pool Emily 5:40-6:10pm Dolphin/Preschool 3 Small Pool Emily	<div style="text-align: center;"> <p>NEW!! FRIDAY FITNESS SWIM for adults 12- 12:45pm</p> </div>	9:00-9:30am Preschool Beginner/Lev 1&2 Small Pool Amy B 9:00-9:45am PreTeam/Lev 4,5&6 Lap Pool Spencer 9:35-10:05am Preschool Advanced/Lev 2&3 Small Pool Amy B 9:50-10:35am Intermediate Lap Team Spencer 10:10-10:40 Beginner/Level 1 Small Pool Amy B 10:40-11:25 PreTeam/Lev 4,5&6 Lap Pool Spencer 10:45-11:30 Advanced Beginner/Level 2 Lap Pool Amy B 10:45-11:15 Parent/Child Small Pool Amy F 11:20-11:50am Guppy/ w/parent Small Pool Amy F	9:00-9:30am Preschool Beg /Lev 1&2 Small Pool Sandy 9:35-10:05am Preschool Adv/Lev 2&3 Small Pool Sandy 10:15-10:45 Parent/Child Small Pool Erin N-D 10:50-11:20 am Parent/Child Small Pool Erin N-D 10:15-10:45 Beginner/Level 1 Lap Pool Sandy

Parent/Child (6 months-2.5 years), Readiness (2.5-3.5 years), Adult, Preschool level (ages 4&5) & School Age Beginner classes meet 30 min each week. Members \$128 Non-Members \$151

Most Youth Level classes (ages 6+) meet 45 min each week. Members \$163 Non-Members \$186

****If a class is full, please join the waitlist – new classes will be added as they can**

For Questions regarding swim lessons please contact Marilyn.Soraghan@theworkoutclub.com

****We do not offer makeups unless The Workout Club cancels. No refunds are given for classes**