

**NO Classes  
Memorial Day  
weekend  
May 23-25**

# Londonderry Workout Club

## SPRING 2 SWIM LESSON SCHEDULE

SIX WEEK SESSION; ONE CLASS A WEEK

**Session begins Monday May 4, 2026**

**UPDATED  
4/26/26**

Monday 5/4-6/15 <i>*no class 5/25</i>	Tuesday 5/5-6/9	Wednesday 5/6-6/10	Thursday 5/7-6/11	Friday 5/8-6/12	Saturday 5/9-6/20 <i>*no class 5/23</i>	Sunday 5/10-6/21 <i>*no class 5/24</i>
9:45-10:15am Parent/Child Small Pool Marilyn  10:20-10:50am Guppy/Readiness w/caregiver Small Pool Marilyn		9:45-10:15 am Guppy/Readiness w/caregiver Small Pool  10:20-10:50am Parent/Child Small Pool	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  4:30-5:15pm Advanced Beginner/Level 2 Lap Pool Amy B  5:00-5:30pm Preschool Starfish Small Pool Jessica  5:20-6:05pm Intermediate/Lev 3 Lap Pool Amy B  5:35-6:05 Preschool Minnow Small Pool Jessica  6:10-6:40 Preschool Dolphin Small Pool Jessica		9:00-9:30am Preschool Starfish Small Pool Meg  9:00-9:45am Preteam/Lev 4,5&6 Lap Pool Kendall  9:35-10:05am Preschool Minnow Small Pool Meg  9:50-10:35am Intermediate / Level 3 Lap Pool Kendall  10:10-10:40am Preschool Dolphin Small Pool Meg  10:45-11:30am Advanced Beginner/Level 2 Lap Pool  10:45-11:15am Parent/Child Small Pool Amy F  11:20-11:50am Guppy/ w/parent Small Pool Amy F	9:05-9:35 Preschool Beginner/Lev 1&2 Small Pool Sandy  9:40-10:10am Preschool Advanced/Lev 2&3 Small Pool Sandy  10:15-10:45 Parent/Child Small Pool Sandy  10:50-11:20 am Parent/Child Small Pool Sandy
4:30-5:00pm Beginner/Level 1 Small Pool Jessica  5:05-5:35pm Preschool Beginner/Lev 1&2 Small Pool Jessica  5:40-6:10pm Preschool Advanced/Lev 2&3 Small Pool Jessica	4:30-5:15pm Advanced Beginner/Level 2 Small Pool Amy B  5:20-6:05pm Intermediate/Level 3 Lap pool Amy B  6:10-6:40pm Preschool Advanced/Level 2&3 Small Pool Amy B  6:45-7:30pm PreTeam/Lev 4,5&6 Lap Pool Erin W					



SCAN ME

Use the QR code to go directly to our Online Registration page

**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](mailto:Marilyn.Soraghan@theworkoutclub.com)

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