

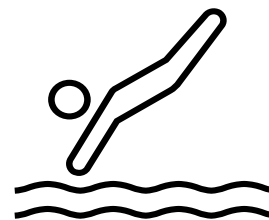
# Londonderry Workout Club

18 Orchard View Drive 603-434-6565

## SUMMER SWIM LESSON SCHEDULE

SIX WEEK SESSION; ONE CLASS A WEEK

**session begins Monday July 6, 2026**



Monday 7/6-8/10	Tuesday 7/7-8/11	Wednesday 7/8-8/12	Thursday 7/9-8/13	Friday 7/10-8/14	Saturday 7/11-8/15	Sunday 7/12-8/16
<p>9:45-10:15am Parent/Child Small Pool Marilyn</p> <p>10:20-10:50am Guppy/Readiness w/caregiver Small Pool Marilyn</p> <p>4:30-5:15pm Adv. Beginner/Lev 2 Lap Pool Brittany</p> <p>5:20-6:05pm Intermediate/Level 3 Lap Pool Brittany</p> <p>6:10-7:05pm PreTeam/Levels 4,5&amp;6 Lap Pool Brittany</p>	<p>9:00-9:45am PreTeam/Lev 4,5&amp;6 Lap Pool Liesel</p> <p>9:50-10:35am Intermediate/Level 3 Lap Pool Liesel</p> <p>5:00-5:30pm Parent/Child Small Pool Sandy</p> <p>5:35-6:05pm Guppy/Readiness w/caregiver Small Pool Sandy</p> <p>6:10-6:40pm Beginner/Lev 1 Both Pools Sandy</p> <p>4:30-5:15pm Advanced Beginner/Lev 2 Lap Pool Stella</p> <p>5:20-6:05pm Intermediate/Level 3 Lap Pool Stella</p> <p><b>NEW in Londonderry!</b></p> <p>6:00-7:00pm Rising RAYS Lap Pool Amy B</p>	<p>9:30-10:00am Beginner/Lev 1 Both Pools Liesel</p> <p>10:05-10:50 Advanced Beginner/Lev 2 Lap Pool Liesel</p> <p>4:30-5:00pm Preschool Beginner Small Pool Amy B</p> <p>5:05-5:35pm Preschool Advanced Small Pool Amy B</p> <p>5:40-6:10pm Beginner/Level 1 Small Pool Amy B</p> <p>4:00-4:45pm Intermediate/Level 3 Lap Pool Brittany S</p> <p>4:50-5:35pm Advanced Beginner/Level 2 Lap Pool Brittany S</p> <p>5:40-6:25pm Pre-Team/Levels 4,5,6 Lap Pool Brittany</p>	<p>9:45-10:15am Preschool Beginner/Lev 1&amp;2 Small Pool</p> <p>10:20-10:50am Preschool Advanced/Lev 2&amp;3 Small Pool</p> <p>12:00-12:30pm Adult Beginner Lap Pool Marilyn</p> <p>12:35-1:05pm Adult Intermediate Lap Pool Marilyn</p> <p>4:30-5:00pm Starfish/Preschool 1 Small Pool Sandy</p> <p>5:05-5:35pm Minnow/Preschool 2 Small Pool Sandy</p> <p>5:40-6:10pm Dolphin/Preschool 3 Small Pool Sandy</p> <p>6:00-7:00pm Rising RAYS Lap Pool Amy B</p>	<p>9:00-9:30am Preschool Beginner/Lev 1&amp;2 Small Pool Amy B</p> <p>9:35-10:05am Preschool Advanced/Lev 2&amp;3 Small Pool Sandy</p> <p>10:10-10:40 Beginner/Level 1 Small Pool Amy B</p> <p>10:45-11:30 Advanced Beginner/Level 2 Lap Pool Amy B</p> <p>10:45-11:15am Parent/Child Small Pool Amy F</p> <p>11:20-11:50am Guppy w/parent Small Pool Amy F</p>	<p>9:00-9:30 Preschool Beginner/Lev 1&amp;2 Small Pool Sandy</p> <p>9:35-10:05 Preschool Advanced /Lev 2&amp;3 Small Pool Sandy</p> <p>10:10-10:40 Parent Child Small Pool Sandy</p> <p>10:45-11:15 Parent/Child Small Pool Sandy</p>	



SCAN ME

**Summer Registration opens  
Thursday 6/18 at 10:00am!**

**June Mini Session  
Registration is now open!**

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

**Adult & 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*

**June Mini Session – 8 classes over 2 weeks 6/22-7/2– Members \$171 and Non-Members \$201**

For Questions regarding swim lessons please contact [Marilyn.Soraghan@theworkoutclub.com](mailto:Marilyn.Soraghan@theworkoutclub.com)  
Contact Marilyn for Rising RAYS evaluations

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