

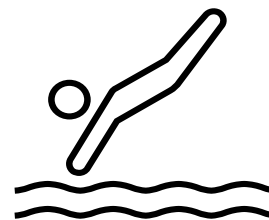
Londonderry Workout Club

18 Orchard View Drive 603-434-6565

FALL 1 SWIM LESSON SCHEDULE

SIX WEEK SESSION; ONE CLASS A WEEK

session begins Tuesday September 8, 2026



Monday 9/14-10/19	Tuesday 9/8-10/13	Wednesday 9/9-10/14	Thursday 9/10-10/15	Friday 9/11-10/16	Saturday 9/12-10/17	Sunday 9/13-10/18
9:45-10:15am Parent/Child Small Pool Marilyn 10:20-10:50am Guppy/Readiness w/caregiver Small Pool Marilyn 4:15-5:00pm Advanced Beginner Lap Pool Ella 5:05-5:35pm Beginner/Level 1 Small Pool Ella	4:30-5:15pm Advanced Beginner/Lev 2 Lap Pool Brittany 4:30-5:00pm Starfish/Preschool 1 Small Pool Amy B 5:05-5:35pm Minnow/Preschool 2 Small Pool Amy B 5:20-6:05pm Intermediate/Level 3 Lap Pool Brittany 5:40-6:10pm Dolphin/Preschool 3 Small Pool Amy B 6:10-6:55 Pre-Team/Levels 4,5,6 Lap Pool Brittany	9:45-10:15am Parent/Child Small Pool Marilyn 10:20-10:50am Guppy/Readiness w/caregiver Small Pool Marilyn 4:30-5:00pm Starfish/Preschool 1 Small Pool Ella 5:05-5:35pm Minnow/Preschool 2 Small Pool Ella 5:40-6:10pm Dolphin/Preschool 3 Small Pool Ella 5:50-6:35 Advanced Beginner/Level 2 Lap Pool Brittany S 6:40-7:25 Pre-Team/Levels 4,5,6 Lap Pool Brittany	12:00-12:30pm Adult Beginner Lap Pool Marilyn 12:35-1:05pm Adult Intermediate Lap Pool Marilyn	 SCAN ME	9:00-9:30am Preschool Beginner/Lev 1&2 Small Pool Amy B 9:35-10:05am Preschool Advanced/Lev 2&3 Small Pool Amy B 10:10-10:40 Beginner/Level 1 Small Pool Amy B 10:45-11:30 Advanced Beginner/Level 2 Lap Pool Amy B 10:45-11:15am Parent/Child Small Pool Amy F/Marilyn 11:20-11:50am Guppy w/parent Small Pool Amy F/Marilyn	9:00-9:30 Preschool Beginner/Lev 1&2 Small Pool Sandy 9:30-10:15 Intermediate/Level 3 Lap Pool Stella 10:20-11:05 PreTeam/Level 4,5&6 Stella 9:35-10:05 Preschool Advanced /Lev 2&3 Small Pool Sandy 10:10-10:40 Parent/Child Small Pool Sandy 10:45-11:15 Parent/Child Small Pool Sandy

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***

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.***