

No Classes Wed-Sun, Nov 26-30

Happy Thanksgiving!!



16 Pelham Rd

Salem, NH

603-894-4800

Fall 2 2025 - SWIM LESSON SCHEDULE

SIX WEEK SESSION; ONE CLASS A WEEK

Begins Wednesday, November 5, 2025

Monday 11/10-12/15	Tuesday 11/11-12/16	Wednesday 11/5-12/17 NO CLASS 11/26	Thursday 11/6-12/18 NO CLASS 11/27	Friday	Saturday 11/8-12/20 NO CLASS 11/29	Sunday 11/9-12/21 NO CLASS 11/30
10:55-11:25am Guppies/Readiness w/Parent Splash Zone Sharon		12:30pm-1:00pm Parent/Child/Guppies Family Pool Aimee	10:20-10:50am Parent/Child Family Pool Sharon		9:00-9:30am Guppies/Readiness w/Parent Family Pool Aimee	9:00-9:30am Parent/Child Family Pool Lisa
		1:05-1:35pm Dolphin/Preschool 3 Family Pool/Lane 8 Aimee	10:55-11:25am Minnow/PreSchool2 Splash Zone Sharon			9:05-9:35am Beginner/Level 1 Slide Pool Mikaela
	4:30-5:00pm Starfish/Preschool1 Splash Zone Mark				9:05-9:35am Starfish/Preschool 1 Splash Zone Yulian	9:35-10:05am Guppies/Readiness w/Parent Splash Zone Lisa
4:30-5:15pm Pre Team Level 4, 5 Lap Pool Lane 8 Elizabeth		4:35-5:05pm Beginner/Level 1 Family Pool Tori	4:30-5:00pm Dolphin/Level 3 Slide Pool Mark		9:15-10:00am Intermediate/Level 3 Lap Pool Lane 1 Addison	9:40-10:25am Adv Beginner/Level 2 Slide Pool Mikaela
	5:05-5:35pm Minnow/PreSchool2 Splash Zone Mark		5:05-5:35pm Starfish/Level 1 Splash Zone Mark		9:35-10:05am Parent/Child Family Pool Aimee	10:10-10:40am Guppies/Readiness w/Parent Splash Zone Lisa
5:30-6:15pm Intermediate/Level 3 Lap Pool Lane 8 Yulian	5:05-5:50pm Adv Beg/Level 2 Slide Pool Nadine	5:10-5:40pm Dolphin/PreSchool 3 Family Pool Tori	5:30-6:15pm Intermediate/Level 3 Lap Pool Lane 8 Yulian		9:40-10:10am Minnows/Preschool 2 Splash Zone Yulian	10:30-11:15am Intermediate/Level3 Lap Pool Mikaela
6:20-7:05pm Adv Beginner/Level 2 Family Pool Yulian	5:40-6:10pm Dolphin/PreSchool 3 Slide Pool Mark	5:45-6:30pm PreTeam Level 4/5 Lap Pool Lane 8 Elizabeth	5:40-6:10pm Minnow/PreSchool 2 Splash Zone Mark		10:05-10:50am Adv Beginner/Level2 Family Pool/Lap Pool Addison	10:45-11:15am Guppies/Readiness w/Parent Splash Zone Lisa
	5:55-6:40pm Intermediate/Level 3 Lap Pool Lane 8 Nadine	6:30-7:30pm New! Rising Rays Lap Pool Lane 8 Aimee	6:20-6:50pm Beginner/Level 1 Slide Pool Yulian		10:10-10:40am Parent/Child Family Pool Aimee	11:30-12:00pm Beginner/Level 1 Slide Pool Mikaela
6:30-7:30pm New! Rising Rays Lap Pool Lane 8 Aimee	6:45-7:15pm Adults Intermediate Lap Pool Lane 8 Nadine				10:15-10:45am Dolphins/Preschool 3 Slide Pool Yulian	12:05-12:35pm Starfish/Preschool 1 Splash Zone Mikaela
	7:20-7:50pm Adults Beginner Lap Pool Lane 8 Nadine				10:45-11:15am Guppies/Readiness w/Parent Family Pool Aimee	
Adults, Parent/Child, Guppies, Pre School & Level 1 classes meet 30 minutes each week Member Price \$128 Non-Member Price \$151					10:55-11:40am Pre-team/Level 4/5/6 Lap Pool Lane 1 Addison	
Level 2, 3 & Pre-Team 4/5 classes meet 45 minutes each week Member Price \$163 Non-Member Price \$186						

Questions regarding swim lessons please contact Aimee Hazard at aimee.hazard@theworkoutclub.com

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