workout the club Salem
16 Pelham Rd, Salem NH
603-894-4800

Fall 2 2026 - SWIM LESSON SCHEDULE

SIX WEEK SESSION; ONE CLASS A WEEK

Begins Wednesday Nov 4, 2026

No Classes Wed-Sun, Nov 25-29th HappyThanksgiving!!

Monday 11/9-12/14	Tuesday 11/10-12/15	Wednesday 11/4-12/16	Thursday 11/5-12/17	Friday	Saturday 11/7-12/19	Sunday 11/8-12/20
10:20-10:50am Parent/Ch/Guppy Family Pool Sharon	9:25-9:55am Preschool Splash Zone Deb	4:30-5:00pm Minnow Slide Pool Tori	9:00-9:45am NEW! Splish-Splash Play Splash Zone Deb		9:05-9:35am Starfish Splash Zone Abby	9:00-9:45am Adv Beginner Family Pool Amy
10:55-11:25am Preschool Splash Zone Sharon	10:00-10:30am Parent/Ch/Guppy Family Pool Deb	4:30-5:15pm Adv Beg Family Pool Abby	10:20-10:50am Parent/Ch/Guppy Family Pool Sharon		9:15-10:00am Intermediate Lap Pool Lane 1 Addison	9:00-9:30am Parent/Ch/Guppy Family Pool Deb
4:30-5:15pm Pre-Team Lap Pool Lane 8 Amy	11:25-11:55am Adult Beginner Slide Pool Deb	5:05-5:35pm Dolphin Splash Zone Tori	10:55-11:25am Preschool Splash Zone Sharon		9:35-10:05am Parent/Child/Gup Family Pool Aimee	9:35-10:05am Parent/Ch/Guppy Family Pool Deb
4:30-5:00pm Starfish Splash Pool Abby	12:00-12:30 Adult Fitness & Triathlon Train Lane 1 Deb	5:20-6:05pm Intermediate Lap Pool Lane 8 Abby			9:40-10:10am Minnow Slide Pool Abby	9:50-10:20am Beginner Slide Pool Amy
5:05-5:35pm Dolphin Slide Pool Abby	4:30-5:15pm Intermediate Lap Pool Lane 8 Dan	6:30-7:30pm Rising Rays Lap Pool Lane 8 Aimee			10:05-10:50am Adv Beginner Family Pool Addison	10:25-11:10a Intermediate Lap Pool Lane1 Amy
6:20-6:50pm Beginner Slide Pool Amy	5:20-6:05pm Adv Beg Family Pool Dan				10:10-10:40am Parent/Child/Gup Family Pool Aimee	11:00-11:30a Starfish Splash Zone Hannah
6:30-7:30pm Rising Rays Lap Pool Lane 8 Aimee					10:15-10:45am Dolphin Slide Pool Abby	11:35-12:05a Minnow Slide Pool Hannah
					10:45-11:15am Parent/Ch/Gup Family Pool Aimee	12:10-12:40pm Beginner Family Pool Hannah
					10:55-11:40am Pre-Team Lap Pool Lane 1 Addison	

Adult, Parent/Child/Guppy, PreSchool & Beg 30 min

Member Price $128 Non-Member Price $151

School Age Adv Beg, Intermed & Pre-Team 45 min

Member Price $163 Non-Member Price $186

SCAN ME

TO REGISTER!

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

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