

Schedule your Fall Swim Lessons

Whether it's their first time or they need to refine their skills, we've got something for everyone!

A Wentworth-Douglass Hospital FAMILY HEALTH & FITNESS CENTER Swim Lessons



Learn to swim with us this Fall!

Choose what's best for your family!

SINGLE, DOUBLE OR TRIPLE LESSON CHOICES

Offered this Fall: Preschool Level 2 for Ages 3 and 4 NOW OFFERING 6 Week Sessions with 35 minute lessons.

ONLINE REGISTRATION

OPENS MONDAY, AUGUST 20TH FOR MEMBERS

AND THURSDAY, AUGUST 23RD FOR NON-MEMBERS

Register online at www.theworkshealthclub.com/swimlessons Need assistance? Call 742-2163 x741



Get the most out of Red Cross swim lessons with the Swim App. Created as a companion to the newly-updated Learn-to-Swim program (including Preschool Aquatics), this app will help you keep your swimmer motivated, while providing you the latest in water safety guidance to help ensure your family stays safe in, on and around the water. Download the app by texting "SWIM" to 90999 or search "Red Cross Swim" in the Apple App Store, Google Play or on the Amazon Marketplace.

SINGLES (ONCE-PER-PER WEEK: 6 WEEKS) Starts 9/4-10/13

DOUBLES (TWICE-PER-WEEK)

Tuesday

8:45-9:20am L1 9:25-10:00am L2 10:05-10:40 L3

4:20-4:55pm L1 5:00-5:35pm L1 5:40-6:15pm L2

6:20-6:55pm Adult Intermediate

Wednesday

4:20-4:55pm L2 5:00-5:35pm L2 5:40-6:15pm L1

Thursday

8:45-9:20am L1 9:25-10:00am L2 10:05-10:40 L3

4:20-4:55pm L1 5:00-5:35pm L1 5:40-6:15pm L2

6:20-6:55 Adult Beginner

Friday

9:00-9:35am P/C, PS1 9:40-10:15am WD/P, PS2 10:20-10:55am L1, L2

4:20-4:55pm L2, L3 5:00-5:35pm L2, L3 5:40-6:15pm L1, L4 6:00-6:35pm L4 6:40-7:25pm L5

Saturday

8:45-9:20 P/C, L1 9:25-10:00 WD/P, L2 10:05-10:40 PS1, L3 10:45-11:20 PS2, L4 Tuesday & Thursday Sessions

1st Session 9/4-9/20

8:45-9:20am PS1 9:25-10:00am PS2 10:05-10:40am L1

4:20-4:55pm L1 5:00-5:35pm L1 5:40-6:15pm L2

TRIPLES (THREE-TIMES-PER-WEEK)

Tuesday | Wednesday | Thursday

1st Session 9/4-9/13

8:45-9:20 PS1 9:25-10:00 PS2 10:05-10:40 L2

Lesson Pricing

Parent/Child (PC), Water Drop w/Parent (WD w/P) Level 3, Level 4, Adult Beginner

Members \$67.00 Non-Members \$101.00

Level 1, Preschool Level 1 & Level 2

Members \$74.00 Non-Members \$108.00

Wednesday Class due to 4th of July:

*\$64.75 members and \$94.50 non members

Level 5: 45 Minutes

Members \$98.00 Non-Members \$134.00

Level 6: 1 Hour Members \$115.00 Non-Members \$145.00 Masters Swim (Coached Training ages 14+)

Members FREE Non-Members \$146.00