



Bring the whole family to the pool this summer at  
Longfellow New Hampshire Tennis & Swim Club!

Join us for group or private swim lessons, masters swimming, or swim team.

|               | <u>FAMILY</u> | <u>COUPLE</u> | <u>ADULT</u> | <u>SENIOR</u> |
|---------------|---------------|---------------|--------------|---------------|
| Before May 15 | \$475         | \$250         | \$150        | \$100         |
| After May 15  | \$550         | \$300         | \$200        | \$150         |

**SWIM TEAM**

Practices are held **Mondays, Wednesdays and Fridays**

**8:00 - 10:00 am**

- Our competitive swim team is open to all athletes ages 5-17

|             |       |
|-------------|-------|
| Members     | \$90  |
| Non-members | \$225 |

**GROUP SWIM LESSONS**

**Monday - Thursday**

**10:00 - 11:00 am**

Week 1: June 24<sup>th</sup> – 29<sup>th</sup>

Week 2: July 1<sup>st</sup> - 5<sup>th</sup> \*

Week 3: July 8<sup>th</sup> – 12<sup>th</sup>

Week 4: July 15<sup>th</sup> – 19<sup>th</sup>

Week 5: July 22<sup>nd</sup> – 26<sup>th</sup>

Week 6: July 29<sup>th</sup> - Aug 2<sup>nd</sup>

Week 7: Aug 5<sup>th</sup> – 9<sup>th</sup>

Week 8: Aug 12<sup>th</sup> – 16<sup>th</sup>

Week 9: Aug 19<sup>th</sup> - 23<sup>rd</sup>

*\*No lessons on July 4<sup>th</sup> or 5<sup>th</sup>*

*(a pro-rated price will be provided)*

|             |               |
|-------------|---------------|
| Members     | \$40 per week |
| Non-members | \$50 per week |

**PRIVATE/SEMI-PRIVATE SWIM LESSONS**

**30-minute private lessons**

|             |      |
|-------------|------|
| Members     | \$25 |
| Non-members | \$35 |

**30-minute semi-private lessons**

|             |                 |
|-------------|-----------------|
| Members     | \$18 per person |
| Non-members | \$25 per person |

**MASTERS SWIMMING**

|           |                 |
|-----------|-----------------|
| Monday    | 6:00 - 7:30 pm  |
| Wednesday | 6:00 - 7:30 pm  |
| Saturday  | 9:00 - 10:30 am |

- Coached workouts for swimmers ages 19-100
- Drop-in practices
- Perfect for adults who want to swim faster and more efficiently

|             |       |
|-------------|-------|
| Members     | \$75  |
| Non-members | \$225 |

**POOL HOURS**

**Monday - Thursday**

**11:00 am - 8:00 pm**

**Friday - Sunday**

**11:00 am - 7:00 pm**



**VISIT US**

140 Lock Street

Nashua, NH 03064

(603) 883-0153

[www.longfellownh.com](http://www.longfellownh.com)