

What's included in your Membership

All swimmers on the RAYS Swim Team will receive a key tag. They will need to activate that key tag prior to the first day of practice. This will allow them access to the Workout Club and Wellness Center.

Elevate your swimming “Beyond Fitness” to the next level and take advantage of all the Club amenities!

- **16 years/over** swimmers have full access to all amenities at both Salem and Londonderry Pool, cardio & classes, with the exception of any promotions put out by personal trainers or fees related to them.
- **12 – 15 years** swimmers have full access to all amenities at both Salem and Londonderry Pool, cardio & classes, with the exception of any promotions put out by personal trainers or fees related to them only when supervised by an adult parent or guardian.
- **11 years/under** swimmers have used of both pools during open swim and full use of rock wall and waterslide only when supervised by an adult parent or guardian.

*An organized dryland program designed by a personal trainer at the WCWC, as well as specific training of cardio equipment is built into the dryland program for both Junior and Senior groups. Swimmers are expected to be on their best behavior during this time, treat the club equipment with care, while also being respectful of other members of the Workout Club.