

workout beyond fitness.



LONDONDERRY Warm Water Pool effective 3/3/25 ***this pool may be used for private swim lessons at various times during the week*

| <u>MONDAY</u> | <u>TUESDAY</u> | <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> | <u>SATURDAY</u> | <u>SUNDAY</u> |
|---|-----------------------------|-------------------------------|-----------------------------|--|---|------------------------------|
| 5AM-OPEN | 5AM-OPEN | 5AM-OPEN | 5AM-OPEN | 5AM – OPEN | 6AM-OPEN | 6AM-OPEN |
| 8AM-9AM MOVING EASY Swim Lessons 10:00-11:50am | Swim Lessons 4:45-5:50pm | Swim Lessons 11:00-11:30am | Swim Lessons 4:30-6:10pm | 8AM – 9AM MOVING EASY Swim Lessons 12:30-1:00pm | Swim Lessons 9:00-11:50am <div> Use of the warm water pool is limited to adults and families with children 5&Under. <ul style="list-style-type: none"> • There is NO diving or jumping allowed • Pool toys are not to be taken from the lesson equipment bin. • Priority is given to adults & classes </div> | Swim Lessons 9:00-11:20am |
| POOL CLOSES 9:30PM | POOL CLOSES 9:30PM | POOL CLOSES 9:30PM | POOL CLOSES 9:30PM | POOL CLOSES 8:30PM | POOL CLOSES 5:30PM | POOL CLOSES 5:30PM |

Spring 1 Swim lessons will be held March 3-April 19, 2025 ****NO CLASSES Saturday 3/15**