

# workout beyond fitness.



**LONDONDERRY Warm Water Pool effective 3/8/26 *\*\*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>
4:30AM-9:30PM	4:30AM-9:30PM	4:30AM-9:30PM	4:30AM-9:30PM	4:30AM-9:30PM	5:30AM-5:30PM	5:30AM-5:30PM
<p><b>8AM-9AM MOVING EASY</b></p> <p>Swim Lessons 9:45-10:50am</p> <p>Swim Lessons 4:30-5:00pm</p>	<p>Swim Lessons 4:30-5:15 &amp; 6:10-6:40pm</p>	<p>Swim Lessons 9:45-10:50am</p> <p>Swim Lessons 5:30-6:35pm</p>	<p>Swim Lessons 1-1:35pm</p> <p>Swim Lessons 5:00-6:05pm</p>	<p><b>8AM – 9AM MOVING EASY</b></p>	<p>Swim Lessons 9:00-11:50am</p>	<p>Swim Lessons 9:00-11:20am</p>
<p>POOL CLOSSES 9:30PM</p>	<p>POOL CLOSSES 9:30PM</p>	<p>POOL CLOSSES 9:30PM</p>	<p>POOL CLOSSES 9:30PM</p>	<p>POOL CLOSSES 8:30PM</p>	<div style="border: 1px solid black; padding: 5px;"> <p><b>Use of the warm water pool is limited to adults and families with children 5&amp;Under.</b></p> <ul style="list-style-type: none"> <li>• There is NO diving or jumping allowed</li> <li>• Pool toys are not to be taken from the lesson equipment bin.</li> <li>• Priority is given to adults &amp; classes</li> </ul> </div>	
					<p>POOL CLOSSES 5:30PM</p>	<p>POOL CLOSSES 5:30PM</p>

**Spring 1 swim session runs 3/8/26-4/19/26 *\*\*private lessons may occur at any time***

**SUBJECT TO CHANGE BASED ON CLASS ENROLLMENTS**