WORKOUT CLUB

STRENGTH HAS A NAME

LONDONDERRY Warm Water Pool effective 11/4/26 ***this pool may be used for private swim lessons at various times during the week***

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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
8AM-9AM MOVING EASY **Swim Lessons 10:20-10:50am**	**Swim Lessons 4:30- 6:10pm**	**Swim Lessons 9:45-10:50am**	**Swim Lessons 1:15-1:45pm** **Swim Lessons 4:30-6:10pm**	**8AM – 9AM MOVING EASY**	**Swim Lessons 9:00-11:50am**	**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

Use of the warm water pool is limited to adults and families with children 5&Under ***(some exceptions apply for families with multiple children)***

- **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**

Fall 2 Swim Lessons run 11/4/26 to 12/20/26 ***private lessons may occur at any time***

SUBJECT TO CHANGE BASED ON CLASS ENROLLMENTS