

workout ^{the}club

beyond fitness.

LONDONDERRY Warm Water Pool effective 11/1/23 ***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 9:15-10:20am		8AM – 9AM MOVING EASY	Swim Lessons 9:00-11:50am	Swim Lessons 9:00-11:20am
Swim Lessons 4:30-6:10	Swim Lessons 4:00-5:40pm	Swim Lessons 4:30-6:15pm	Swim Lessons 4:30-5:15pm		<p>Use of the warm water pool is limited to adults and families with children 5&Under.</p> <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 	
POOL CLOSSES 9:30PM	POOL CLOSSES 9:30PM	POOL CLOSSES 9:30PM	POOL CLOSSES 9:30PM	POOL CLOSSES 8:30PM	POOL CLOSSES 5:30PM	POOL CLOSSES 5:30PM

6 Week Swim Session will run Wednesday November 1 – Sunday December 17