



# LONDONDERRY Lap Pool **\*\*effective 4/29/24**

<u>MONDAY</u> <u>5AM-10PM</u>	<u>TUESDAY</u> <u>5AM-10PM</u>	<u>WEDNESDAY</u> <u>5AM-10PM</u>	<u>THURSDAY</u> <u>5AM-10PM</u>	<u>FRIDAY</u> <u>5AM-9PM</u>	<u>SATURDAY</u> <u>6AM-6PM</u>	<u>SUNDAY</u> <u>6AM-6PM</u>
	6AM – 7AM LANES 2-5 GSP MASTERS		6AM – 7AM LANES 2-5 GSP MASTERS		7AM-8:15AM LANES 1-5 GSP MASTERS	7AM-8:15AM LANES 1-5 GSP MASTERS
9:30AM - 10:30AM LANES 4-6 QUA FIT		9AM – 10AM LANES 4-6 AQUA FIT		9-10 AM LANES 4-6 AQUA FIT	8:30AM-9:30AM LANES 4-6 AQUA FIT	9AM-10AM LANES 4-6 AQUA FIT
		9:30-11:05 Lane 1 Swim Lessons			9 :00-10:35 Lane 1 Swim Lessons	9 :30-11 :55 Lane 1 Swim Lessons
4:30-5:30 RAYS Swim Team Lanes 1-4	5:00-8:30 RAYS Swim Team Lanes 1-5	5:00-7:25 Lane 6 Swim Lessons	4:30- 6:40 Lane 6 Swim Lessons	5:00-7:30 RAYS Swim Team Lanes 1-4	10 :45-11 :15 Lane 6 Swim Lessons	
5:30-7 RAYS Swim Team Lanes 1-5		5:15-6:15 AQUA FIT LANES 5-6	5:00-7:00 RAYS Swim Team Lanes 1-4			
			7-8:30 RAYS Swim Team Lanes 1-5			
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

*There is always at least 1 lane available for lap swimming throughout each day*

**RAYS swim team practices begin April 29, 2004**

**Spring 2 Swim Lessons begin May 4, 2024**