

workout beyond fitness.



LONDONDERRY Warm Water Pool effective 6/24/24 *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				8AM – 9AM MOVING EASY	<div style="border: 1px solid black; padding: 10px;"> <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 </div>	
11am-12pm Ninja Camp	11am-12pm Ninja Camp	11am-12pm Ninja Camp	11am-12pm Ninja Camp	11am-12pm Ninja Camp		
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

Summer Swim Session will begin July 8, 2024

Ninja Camp runs from June 24-August 16, 2024