

workout beyond fitness.



LONDONDERRY Warm Water Pool effective 7/7/24 *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	9:00-11:15am Swim Lessons	10:15-11:20am Swim Lessons
	9:15-10:55am Swim Lessons	9:45-10:50am Swim Lessons		9:30-10:00am Swim Lessons	<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 & classes 	
11am-12pm Ninja Camp	11am-12pm Ninja Camp	11am-12pm Ninja Camp	11am-12pm Ninja Camp	11am-12pm Ninja Camp		
4:30-6:10pm Swim Lessons			4:30-5:00pm Swim Lessons			
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**