

workout beyond fitness.



LONDONDERRY Warm Water Pool effective 9/23/24 *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
<p>8AM-9AM MOVING EASY</p> <p>10:00-11:05am Swim Lessons</p> <p>4:30-5:35pm Swim Lessons</p>	<p>4:30-6:10pm Swim Lessons</p>		<p>4:30-5:00pm Swim Lessons</p>	<p>8AM – 9AM MOVING EASY</p>	<p>9:00-11:15am Swim Lessons</p>	<p>9:15-11:30am Swim Lessons</p>
<p>POOL CLOSSES 9:30PM</p>	<p>POOL CLOSSES 9:30PM</p>	<p>POOL CLOSSES 9:30PM</p>	<p>POOL CLOSSES 9:30PM</p>	<p>POOL CLOSSES 8:30PM</p>	<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 & classes </div>	
					<p>POOL CLOSSES 5:30PM</p>	<p>POOL CLOSSES 5:30PM</p>

Fall 1 Swim Session will be held 9/19-11/1, 2024