

workout beyond fitness.



LONDONDERRY Warm Water Pool effective 11/6/24 *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>4:45-5:50pm Swim Lessons</p>	<p>11-11:30am Swim Lesson</p>	<p>4:30-6:10pm Swim Lessons</p>	<p>8AM – 9AM MOVING EASY</p> <p>12:30-1:00pm Swim Lessons</p>	<p>9:30-11:50am Swim Lessons</p>	<p>10:15-11:20am 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 2 Swim Session will be held 11/6-12/22, 2024



NO Swim Classes will be held 11/27-12/1