

# workout beyond fitness.



**LONDONDERRY Warm Water Pool effective 6/16/25 *\*\*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>
4:30AM-9:30PM	4:30AM-9:30PM	4:30AM-9:30PM	4:30AM-9:30PM	4:30AM-9:30PM	5:30AM-5:30PM	5:30AM-5:30PM
<p><b>8AM-9AM MOVING EASY</b></p> <p><b>Ninja Camp 11-12:00pm <i>**starting 6/23</i></b></p>	<p><b>Ninja Camp 11-12:00pm <i>**starting 6/23</i></b></p>	<p><b>Ninja Camp 11-12:00pm <i>**starting 6/23</i></b></p>	<p><b>Ninja Camp 11-12:00pm <i>**starting 6/23</i></b></p>	<p><b>8AM – 9AM MOVING EASY</b></p> <p><b>Ninja Camp 11-12:00pm <i>**starting 6/23</i></b></p>	<p><b>Use of the warm water pool is limited to adults and families with children 5&amp;Under.</b></p> <ul style="list-style-type: none"> <li>• There is NO diving or jumping allowed</li> <li>• Pool toys are not to be taken from the lesson equipment bin.</li> <li>• Priority is given to adults &amp; classes</li> </ul>	
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 lessons will be held July 7-August 17, 2025 *\*\*private lessons may occur at any time***