



## LONDONDERRY Lap Pool **\*\*effective 9/8/25**

| <u>MONDAY</u><br>4:30AM-10PM                  | <u>TUESDAY</u><br>4:30AM-10PM               | <u>WEDNESDAY</u><br>4:30AM-10PM  | <u>THURSDAY</u><br>4:30AM-10PM              | <u>FRIDAY</u><br>4:30AM-9PM   | <u>SATURDAY</u><br>5:30AM-6PM          | <u>SUNDAY</u><br>5:30AM-6PM             |
|---|---|--|---|---|--|---|
|   | 6AM – 7AM<br>LANES 2-5<br>GSP MASTERS       |  | 6AM – 7AM<br>LANES 2-5<br>GSP MASTERS       |   | 7AM-8:15AM<br>LANES 1-5<br>GSP MASTERS | 7AM-8:15AM<br>LANES 1-5<br>GSP MASTERS  |
| 9:30AM -<br>10:30AM<br>LANES 4-6<br>A QUA FIT |   | 9AM – 10AM<br>LANES 4-6<br>AQUA FIT<br><i>*a 4<sup>th</sup> lane may be<br/>used depending on<br/>class size</i> | Adult Swim<br>Lessons<br>11:00-12:05        | 9-10 AM<br>LANES 4-6<br>AQUA FIT<br><i>*a 4<sup>th</sup> lane may be<br/>used depending on<br/>class size</i> | 8:30AM-9:30AM<br>LANES 4-6<br>AQUA FIT | 9AM-10AM<br>LANES 4-6<br>AQUA FIT       |
| Swim Lessons<br>5:05-6:40<br>Lane 6           |   |  |   |   | Swim Lessons<br>9:00-11:30am<br>Lane 1 | Swim Lessons<br>10:15-11:00am<br>Lane 6 |
| RAYS Swim<br>Team<br>4:30-5:30<br>Lanes 1-4   | RAYS Swim<br>Team<br>5:00-7:00<br>Lanes 1-5 |  | RAYS Swim<br>Team<br>5:00-8:30<br>Lanes 1-5 | RAYS Swim<br>Team<br>5:00-7:00<br>Lanes 1-5   |  |   |
| RAYS Swim<br>Team<br>5:30-7:00<br>Lanes 1-5   |   |  |   |   |  |   |
| POOL CLOSES<br>9:30PM                         | POOL CLOSES<br>9:30PM                       | POOL CLOSES<br>9:30PM  | POOL CLOSES<br>9:30PM                       | POOL CLOSES<br>8:30PM   | POOL CLOSES<br>5:30PM                  | POOL CLOSES<br>5:30PM                   |

**Fall Swim Lessons will be held 9/8 – 10/10**

**\*\*private swim lessons may use lanes at any given time**

**Members are asked to share lanes when necessary.**

**Families and children are welcome to use the lap pool when lanes are open**