

Summer
2022

workout ^{the}club

beyond fitness.

LONDONDERRY Warm Water Pool 6/12/22- 8/20/22 ***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-8AM OPEN	5-11:00 AM Open	5AM-10:30AM OPEN	5AM-11AM OPEN	5AM – 8AM OPEN	6AM-9AM OPEN	6AM-8:45AM OPEN
8AM-9AM MOVING EASY		10:30-11:00 SWIM LESSON		8AM – 9AM MOVING EASY	9AM- 11:20AM SWIM LESSONS	8:45-9:30 AM SWIM LESSONS
9AM – 11:00 OPEN	11:00-12:15 Camp Swim	11:00-12:15 Camp Swim	11:00-12:15 Camp Swim	9AM-10:40 AM SWIM LESSONS	11:20AM- 5:30PM OPEN	11:15AM- 5:30PM OPEN
11:00-12:15 Camp Swim		12:15-9:30 OPEN	12:15-3:45 Open	11:00-11:50 Camp Swim		
12:15 – 9:30PM OPEN	12:15PM-9:30PM OPEN	12:15-9:30 OPEN	3:45PM-5:05PM SWIM LESSONS	12:35-8:30 OPEN		
			5:05-9:30PM OPEN			
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

****Ninja Summer Camp begins Monday June 20** ****Summer Swim Session begins Sunday July 10**