

UPDATED
Fall 2022

workout ^{the}club

beyond fitness.

LONDONDERRY Warm Water Pool effective 11/7/22 ***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	5AM-10:30AM OPEN	5AM-4:30 PM OPEN	5AM-10:30AM OPEN	5AM – 8AM OPEN	6AM-9AM OPEN	6AM-9AM OPEN
8AM-9AM MOVING EASY				8AM – 9AM MOVING EASY	9AM-11:55AM SWIM LESSONS	9AM-12:00PM SWIM LESSONS
9:00-10:15AM OPEN	Swim Lessons 10:30-11:00AM		Swim Lessons 10:30-11:00AM			
Swim Lessons 10:15-11:20AM	11:00AM- 4:50PM OPEN	Swim Lessons 4:30-5:00PM	11:00AM- 5:15PM OPEN	9AM-8:30PM OPEN	11:55AM- 5:30PM OPEN	12:00PM- 5:30PM OPEN
11:20-4:15 OPEN Swim Lessons 4:15-5:20PM 5:20-9:30 OPEN	Swim Lessons 4:50-5:20 5:20-9:30PM OPEN	5:00-9:30PM OPEN	Swim Lessons 5:15-6:35PM 6:35-9:30PM 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