

UPDATED
March 2023

workout ^{the}club

beyond fitness.

LONDONDERRY Warm Water Pool effective 3/11/22 ***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-3:40PM OPEN	5AM-10:45 AM OPEN	5AM-10:30AM OPEN	5AM – 8AM OPEN	6AM-9AM OPEN	6AM-9AM OPEN
8AM-9AM MOVING EASY		Swim Lessons 10:45-11:15AM	Swim Lessons 10:00-12:10PM	8AM – 9AM MOVING EASY	9AM-11:55AM SWIM LESSONS	9AM-12:00PM SWIM LESSONS
9:00-10:30AM OPEN		11:15-4:30PM OPEN	11:00AM- 5:15PM OPEN	9AM-8:30PM OPEN	11:55AM- 5:30PM OPEN	12:00PM- 5:30PM OPEN
Swim Lessons 10:30-11:35AM	Swim Lessons 3:40-6:00PM	Swim Lessons 4:30-5:00PM	Swim Lessons 4:30-6:05PM			
11:20-4:15 OPEN	6:00-9:30PM OPEN	5:00-9:30PM OPEN	6:05-9:30PM OPEN			
Swim Lessons 4:15-5:20PM						
5:20-9:30 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