

workout beyond fitness.



LONDONDERRY Warm Water Pool effective 5/1/23 *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-9:30PM OPEN	5AM-10:45 AM OPEN	5AM-10:00AM OPEN	5AM – 8AM OPEN	6AM-9AM OPEN	6AM-9AM OPEN
8AM-9AM MOVING EASY		Swim Lessons 10:00-11:40AM	Swim Lessons 10:00-11:40AM	8AM – 9AM MOVING EASY	9AM-11:55AM SWIM LESSONS	9AM-12:00PM SWIM LESSONS
9:00-4:15PM OPEN		11:40-4:30PM OPEN	11:40AM- 4:30PM OPEN	9AM-8:30PM OPEN	11:55AM- 5:30PM OPEN	12:00PM- 5:30PM OPEN
Swim Lessons 4:15-5:20PM		Swim Lessons 4:30-5:00PM	Swim Lessons 4:30-6:05PM			
5:20-9:30 OPEN		5:00-9:30PM OPEN	6:05-9:30PM 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