

SwimStrong (SSDL) & Pool Schedule **Effective Wednesday 9/23/25**

Stingrays		SSDL	Pool
Monday	Salem	5-5:15 <i>in 1st party room</i>	5:20-6:15
Tuesday	Londonderry		5:00-6:00
Wednesday	Salem	4:30-4:45 <i>in 1st party room</i>	4:50-5:45
Thursday	Londonderry	4:55 -5:10 <i>in back room next to Group Ex room</i>	5:15-6:15

Age Group		SSDL	Pool
Sunday	Salem	10:05-10:30 <i>**after pool; group fitness room</i>	9:00-10:00
Monday	Londonderry	4:30-4:50 <i>in Ninja party room</i>	4:55-5:45
Tuesday	Londonderry		6:00-7:00
Wednesday	Salem	5:20-5:40 <i>in 1st party room</i>	5:45-6:45
Thursday	Londonderry	5:45-6:10 meet near front desk	6:15-7:15
Friday	Londonderry	4:45-5:10 <i>in Group Fitness room</i>	5:15-6:15

Junior/Senior		SSDL	Pool
Sunday	Salem	10:35-11:15 <i>**after pool; Group Ex room</i>	9:00-10:30
Monday	Londonderry	5:10-5:40 <i>back room next to Group Ex room</i>	5:45-7:15
Tuesday	Londonderry		7:00-8:30
Wednesday	Salem	6:00-6:40 <i>1st party room</i>	6:45-8:15
Thursday	Londonderry	6:30-7:10 <i>meet near front desk</i>	7:15-8:45
Friday	Londonderry	5:10-5:45 <i>Group Ex room</i>	5:45-7:15