

SwimStrong (SSDL) & Pool Schedule **Effective Monday 11/17-2/13/26**

Sting-rays		SSDL	Pool	SSDL as of 11/17	Pool as of 11/17
Mon	Salem	5-5:15	5:20-6:15	5-5:15	5:20-6:15
Tues	Londonderry		5:00-6:00		5:15-6:15
Wed	Salem	4:30-4:45	4:50-5:45	4:30-4:45	4:50-5:45
Thur	Londonderry	4:55-5:10	5:15-6:15	4:55-5:10	5:15-6:15

Age Group		SSDL	Pool	SSDL as of 11/17	Pool as of 11/17
Sun	Salem	10:05-10:30	9:00-10:00	10:05-10:30	9:00-10:00
Mon	Londonderry	4:30-4:50	4:55-5:45	4:35-4:55	5:00-6:00
Tues	Londonderry		6:00-7:00		6:15-7:15
Wed	Salem	5:20-5:40	5:45-6:45	5:20-5:40	5:45-6:45
Thurs	Londonderry	5:45-6:10	6:15-7:15	5:45-6:10	6:15-7:15
Fri	Londonderry **move to Salem effective 12/5	4:45-5:10	5:15-6:15	4:45-5:10	5:15-6:15

Jr/Sr		SSDL	Pool	SSDL as of 11/17	Pool as of 11/17
Sun	Salem	10:35-11:15	9:00-10:30	10:35-11:15	9:00-10:30
Mon	Londonderry	5:10-5:40	5:45-7:15	5:25-5:55	6:00-7:30
Tues	Londonderry		7:00-8:30		7:00-8:30
Wed	Salem	6:00-6:40	6:45-8:15	6:10-6:40	6:45-8:15
Thurs	Londonderry	6:30-7:10	7:15-8:45	6:40-7:10	7:15-8:45
Fri	Londonderry **move to Salem beginning 12/5	5:10-5:45	5:45-7:15	5:10-5:40	5:45-7:15