

ALLYN-RIFORD POOL SCHEDULE

Effective **1/7/2019**

	MON 1/7	TUE 1/8	WED 1/9	THUR 1/10	FRI 1/11	SAT 1/12	SUN 1/13					
5:00	Laps	Laps	Laps	Laps	Laps	AHS Boys Swim Team/ Stingrays		5:00				
6:00		Laps (lanes 1-5)/ Stingrays (lane 6)		Aqua Boot Camp (lanes 4-6)/ Laps 1-3				Laps (lanes 1-5)/ Stingrays (lane 6)	6:00			
7:00 7:30		Laps	Laps	Laps				Laps	AHS Boys Swim Team/ Stingrays		7:00 7:30	
8:00 8:30		Aqua Physical Therapy		Aqua Physical Therapy							8:00 8:30	
9:00 9:30		HydroSplash /Aquacize	Water Aerobics	Deep Water Challenge /Aquacize				Aqua HIIT/HI-YO	Deep Water Challenge /Aquacize	Lessons		9:00 9:30
10:00 10:15		Adult	Adult	Adult				Adult	Adult			10:00 10:15
11:00 11:30 11:45 Noon		Laps/Family	Laps/Family	Laps/Family				Laps/Family	Laps/Family	Laps/Family	Laps/Family	11:00
1:00 1:30 PM												Coast (not open to members)
2:00 2:30 PM 2:45 PM	Laps/Family		Laps/Family		2:00 2:30 PM 2:45 PM							
3:00 3:45 PM	AHS Boys Swim Team (not open to members)		AHS Boys Swim Team (not open to members)		AHS Boys Swim Team (not open to members)	AHS Boys Swim Team (not open to members)	Laps/Family	Laps: lap member swimmers of any age. Adult- For adult members only Family: Open swim for all members.				3:00 3:45 PM
4:00 4:30	Stingrays Swim Team		Stingrays Swim Team		AHS Boys Swim Team (not open to members)	AHS Boys Swim Team (not open to members)						4:00 4:30
5:00 5:45					Stingrays Swim Team	Stingrays Swim Team						Stingrays Swim Team
6:00 6:30 PM		Stingrays Swim Team		Stingrays Swim Team					6:00 6:30 PM			
7:00 7:30 PM	Lessons (1&6)/ Laps (lanes 2-5)	Family (lanes 1-2)/Laps (lanes 3-4)/ Masters 5-6	Lessons (1-2 & 6)/Stingrays (3-5)	Lessons (1-2 & 6)/ Laps (3-5)	Laps (lanes 1-3) /Stingrays (lanes 4-6)	Children under 6 yrs old must be within arm's reach of supervising adult in the water. Children 6-7 must have an adult in the pool area and pass the deep-end test, wear a lifejacket, or be accompanied by an adult within arm's reach in the water. Children under 5' who cannot pass the deep-end test must be accompanied by an adult within arm's reach in the water or wear a lifejacket and have an adult present in the pool area.			7:00 7:30 PM			
8:00 8:30	Adult	Adult	Adult	Adult	Adult				8:00 8:30			
9:00							9:00					

EMERSON POOL SCHEDULE

Effective **1/7/2019**

	MON	TUE	WED	THUR	FRI	SAT	SUN																					
	1/7	1/8	1/9	1/10	1/11	1/12	1/13																					
5:00								5:00																				
6:00								6:00																				
7:00								Adult		Adult		Adult		7:00														
7:30								Deep Water Fitness		Deep Water Fitness		Deep Water Fitness		7:30														
8:00									8:00																			
8:30								Deep Water Fitness	Rusty Hinges	Deep Water Fitness	Rusty Hinges	Deep Water Fitness		8:30														
9:00									9:00																			
9:30								Preschool Lessons	Preschool Lessons	Preschool Lessons	Preschool Lessons	Preschool Lessons	Lessons	9:30														
10:00												10:00																
10:30												10:30																
11:00	Adult	Adult	Adult	Adult	Preschool Lessons	Adult	11:00																					
11:30					11:30																							
Noon	Adult	Adult	Adult	Adult			Noon																					
12:30								12:30																				
1:00								1:00																				
1:30 PM								Splash Parties		Splash Parties				1:30 PM														
2:00								2:00																				
2:30															2:30													
2:45															2:45													
3:00																						3:00						
3:30																						3:30						
4:00																						Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	4:00
4:30																							4:30					
5:00	Laps/Family	Y-Kids	Laps/Family	Laps/Family	Laps/Family	Laps/Family	5:00																					
5:30		5:30																										
6:00	Lessons	Lessons	Lessons	Lessons			6:00																					
7:00	Laps/Family	DWF / Aquahigh	Laps/Family	DWF / Aquahigh			7:00																					
8:00								8:00																				
9:00								9:00																				

Laps: lap member swimmers of any age.
Adult- For adult members only
Family: Open swim for all members.

Children under 6 yrs old must be within arm's reach of supervising adult in the water. **Children 6-7** must have an adult in the pool area and pass the deep-end test, wear a lifejacket, or be accompanied by an adult within arm's reach in the water. **Children under 5' who cannot pass the deep-end test** must be accompanied by an adult within arm's reach in the water or wear a lifejacket and have an adult present in the pool area.