

ALLYN-RIFORD POOL SCHEDULE

Effective 2/11/2019

	MON 2/11	TUE 2/12	WED 2/13	THUR 2/14	FRI 2/15	SAT 2/16	SUN 2/17							
5:00	Laps	Laps	Laps	Laps	Laps			5:00						
6:00			Aqua Boot Camp (lanes 5-6)/ Laps (1-4)					6:00						
7:00 7:30			Aqua Physical Therapy					Laps	Aqua Physical Therapy	Laps (lanes 1-3)/ Stingrays (lanes 4-6)	7:00 7:30			
8:00 8:30		8:00 8:30												
9:00 9:30		Lessons		9:00 9:30										
10:00 10:15				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	1:00 1:30													
2:00 2:30 PM 2:45 PM	Coast (not open to members)				Coast (not open to members)	Homeschool Group (lanes 1-2)/Laps (3-6)	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)	Laps (lanes 1-2)/AHS Boys Swim Team (3-6)	AHS Boys Swim Team (not open to members)					Laps (lanes 1-2)/AHS Boys Swim Team (3-6)	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)	Stingrays Swim Team					Stingrays Swim Team		4:00 4:30
5:00 5:45						5:00 5:45								
6:00 6:30 PM						6:00 6:30 PM								
7:00 7:30 PM		7:00 7:30 PM												
8:00 8:30 9:00	Lessons (1&2)/ Laps (lanes 3-6)	Aqua HIIT HI-YO (lanes 1-3)/ Masters 4-6	Lessons (1-2 & 6)/Stingrays (3-5)	Lessons (1-2)/Masters (5-6)/ Laps (3-4)	Laps/Family	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	8:00 8:30 9:00							
Adult							Adult	Adult	Adult	Adult/SCUBA	8:00			
Adult							Adult	Adult	Adult	Adult/SCUBA	9:00			

EMERSON POOL SCHEDULE

Effective **2/11/2019**

	MON	TUE	WED	THUR	FRI	SAT	SUN					
	2/11	2/12	2/13	2/14	2/15	2/16	2/17					
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	Lessons	Lessons	8:30				
9:00												9:00
9:30	Preschool Lessons	Preschool Lessons	Preschool Lessons	Preschool Lessons	Preschool Lessons				9:30			
10:00										Lessons		10:00
10:30												10:30
11:00					Preschool Lessons				11:00			
11:30	Adult	Adult	Adult	Adult	Adult		11:30					
Noon										Noon		
12:30								12:30				
1:00						Splash Parties	Splash Parties	1:00				
1:30 PM									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	<p>Laps: lap member swimmers of any age. Adult- For adult members only Family: Open swim for all members.</p> <p>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.</p>	4:00					
4:30							Laps/Family	Laps/Family		4:30		
5:00							Y-Kids			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				