

ALLYN-RIFORD POOL SCHEDULE

Effective **9/9/2019**

	MON 9/9	TUE 9/10	WED 9/11	THUR 9/12	FRI 9/13	SAT 9/14	SUN 9/15						
5:00	Laps	Laps	Laps	Laps	Laps			5:00					
6:00	KickIT (4-6)/Laps (1-3)		Aqua Boot Camp (4-6)/Laps (1-3)					6:00					
7:00 7:30	Laps		Laps					7:00 7:30					
8:00 8:30		Aqua Physical Therapy (Prescription Required)	Aqua Physical Therapy (Prescription Required)	8:00 8:30									
9:00 9:30		HydroSplash/Aquacize	Water Aerobics	Deep Water Challenge /Aquacize	Aqua HIIT/HI-YO			Deep Water Challenge /Aquacize	9:00 9:30				
10:00 10:15	Adult	Adult	Adult	Adult	Adult			Lessons	10:00 10:15				
11:00 11:30 11:45	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family					11:00			
Noon										Noon			
1:00 1:30 PM		Coast (not open to members)		Coast (not open to members)						1:00 1:30			
2:00 2:30 PM 2:45 PM										2:00 2:30 PM 2:45 PM			
3:00 3:45 PM		AHS Swim Team		AHS Swim Team		AHS Swim Team	AHS Swim Team			AHS Swim Team			3:00 3:45 PM
4:00 4:30		Laps/Family		Laps/Family		AHS Swim Team	AHS Swim Team			AHS Swim Team			Laps: lap member swimmers of any age. Adult- For adult members only Family: Open swim for all members.
5:00 5:45	Laps/Family		Laps/Family		5:00 5:45								
6:00 6:30 PM	Aqua HIIT/Laps (lanes 5&6)		Laps/Family		6:00 6:30 PM								
7:00 7:30 PM	Lessons (lanes 1-2 & 5-6)/Laps (lanes 3&4)	Laps/Family	Lessons (lanes 1-2 & 5-6)/Laps (lanes 3&4)	Family (1-2)/Laps (3-5)/Lessons (6)	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	7:00 7:30 PM						
8:00 8:30 9:00	Adult	Adult	Adult	Adult	Adult/SCUBA	8:00 8:30 9:00							

EMERSON POOL SCHEDULE

Effective **9/9/2019**

	MON 9/9	TUE 9/10	WED 9/11	THUR 9/12	FRI 9/13	SAT 9/14	SUN 9/15		
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						Swim Lessons		9:00	
9:30					Adult			9:30	
10:00	Preschool	Preschool	Preschool	Preschool	Lessons			10:00	
10:30								10:30	
11:00								11:00	
11:30	Adult	Adult	Adult	Adult				11:30	
Noon						Splash Parties	Splash Parties	Noon	
12:30									12:30
1:00									1:00
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	
4:00		Laps/Family						4:00	
4:30	Laps/Family	Y-Kids	Laps/Family	Laps/Family	Laps/Family			4:30	
5:00								5:00	
5:30								5:30	
6:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim 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.