ALLYN-RIFORD POOL SCHEDULE

Effective 7/29/2024

S		SUN	SAT	FRI	THUR	WED	TUE	MON	
Column									0
Laps		8/4	8/3	8/2	8/1	7/31	7/30	7/29	
Trion	6:00			Lane		lanc		lanc	
1:00	7:00			Laps		Laps		Laps	7:00
Real	7:30			Break 7:30-	Laps	Break 7:30-	Laps	Break 7:30-	
Break 8:45-9 Aquacize Aqua HiIT Aquacize Aquacize Aqua HiIT Aquacize Aqua HiIT Aquacize Aqua HiIT Aquacize Aqu	8:00		Laps	Laps		Lanc		Lanc	
9:00	8:30			Broak 8:45-0	Broak 8:45-0	Барз	Broak 8:45-0	Ецрэ	
9:15 9:30	9:00			Dieak 0.45-3	Dieak 0.43-3	Broak 0-0:15	Dieak 0.43-3	Broak 0-0:15	
10:10	9:30				Aqua HiIT		Aqua HiIT		9:15
Laps	10:00 10:15	Laps/Family	2)/Laps	Break 10-10:15		Break 10-10:15		Break 10-10:15	
11:30	11:00		Swim Lessons	Laps	Laps	Laps	Laps	Laps	11:00
Laps Laps Laps Laps Laps Laps Laps Laps			Laps/Family		Duant 11.45	5 1 11 15	D 1. 11.45		11:30
Laps Break 12:45-1				Break 11:45-	DIEdK 11:45-	Break 11:45-	DIEdK 11:45-	Break 11:45-	
SACC (lanes 1:30 PM 1:45 PM 2:00 Laps/Family Lap	Noon				Laps		Laps	·	Noon
1:30 PM 1:45 PM 2:00 Column	1.00			Break 12:45-1	Kid\/anturac/1	Break 12:45-	Kid\/ontunes/1	Break 12:45-	4.00
1:30 PM 2:00 1:30 PM 2:00 1-3)/Laps (lanes 4-6) MVPT Physical Therapy Laps/Family Laps/Fami	1:00			SACC (lanes 1-	2)/ Laps	SACC (lanes	2)/ Laps	SACC (lanes	
Children under 6 years of supervising and util the reach of supervision.	1:30				Break 1:30-		Break 1:30-		
2:45 PM Laps/Family 3:00 Break 3-3:15 Break									
2:45 PM 3:00 Break 3-3:15 Laps/Family Laps/Family Laps/Family Laps/Family Laps/Family Break 4:30- Break 4:45-5 Laps/Family	2:00			7 0)	MVPT Physical	(laries + 0)	MVPT Physical	(laries + 0)	2:00
3:00 3:15 3:30 3:45 PM 4:00 Laps/Family La	2:30 PM				Therapy	Lans/Family	Therapy	Lans/Family	
3:15 3:30 3:45 PM 4:00 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 within arm's reach in the	2:45 PM					Laps/Tallilly		Laps/Tallilly	2:45 PM
3:30 3:45 PM 4:00 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	3:00				Break 3-3:15	Break 3-3:15	Break 3-3:15		
3:30 4:30 Break 4:45-5 5:00 Break 5:30- Lessons (lanes 1- 2)/Laps 6:30 PM Pop Up Aqua Power Burn 7:30 Pop Up Aqua Power Burn 7:30 Break 4:45-5 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				Lanc/Family					3:15
4:30 4:30 Break 4:45-5 5:00 Break 5:30- Lessons (lanes 1- 2)/Laps 6:30 PM Pop Up Aqua Power Burn Power Burn Power Burn Power Burn 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		Lanc: lan		Laps/Tailing					
4:30 4:30 Break 4:45-5 5:00 Break 5:30- Lessons (lanes 1- 2)/Laps 6:30 PM Pop Up Aqua Power Burn Power Burn Power Burn Power Burn Family Laps/Family Laps/Family Laps/Family Laps/Family Laps/Family Lessons (lane 6)/Laps 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	3:45 PM 4:00	member			Laps/Family		Laps/Family		
Break 4:45-5 Brea	4:30			Break 4:30-		Laps/Family		Laps/Family	
Break 5:30- 5:45	5:00	adult			Break 4:45-5		Break 4:45-5		
6:30 PM Pop Up Aqua Power Burn Power Burn Poservice 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							Laps/Family		
6:30 PM Pop Up Aqua Power Burn Power Burn Pop Up Aqua Service Laps/Family Lessons (lane 6)/Laps 6:30 PM 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		swim for all			Laps/Family			l .	
7:00 Pop Up Aqua Power Burn Service Laps/Family Lessons (lane 6)/Laps 7:30 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	C-00					`		`	6:00
7:00 Power Burn Service Laps/Family Lessons (lane 6)/Laps 7:30 8:00 Power Burn Service Laps/Family Lessons (lane 6)/Laps 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	6:30 PM						Lifeguard In-		6:30 PM
8:00 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	g	ch of supervising	within arm's read		,	Laps/Family			7:00
a lifejacket, or be accompanied by an adult within arm's reach in the	ea	It in the pool area	must have an adu						7:30
)y 8:00	accompanied by	a lifejacket, or be						
cannot pass the deep-end test		n under 5' who	water. Childre						
9:00 must be accompanied by an adult within arm's reach in the water or wear a lifejacket.		anied by an adult th in the water or	must be accompa within arm's reac						9:00

EMERSON POOL SCHEDULE

Effective 7/29/2024

		Effective		/2024				
	MON	TUE	WED	THUR	FRI	SAT	SUN	
F.00	7/29	7/30	7/31	8/1	8/2	8/3	8/4	5.00
5:00								5:00
6:00								6.00
6:00								6:00
7:00								7:00
7:30								7:30
8:00	Laps		Laps		Laps	1		8:00
8:30	Dans Maken		Daan Water		Daar Water			8:30
9:00	Deep Water Fitness		Deep Water Fitness		Deep Water Fitness			9:00
9:30			Laps			Swim Lessons		9:30
10:00	Laps				Town of Sennett			10:00
10:30		<u>.</u>	Town of Sennett		00000		_	10:30
11:00						_		11:00
11:30								11:30
Noon								Noon
12:30								12:30
1:00								1:00
1:30 PM								
2:00								2:00
2:30 2:45								
3:00								3:00
3:30							<u>Laps</u> : lap member swimmers of	
4:00							any age.	4:00
4:30							<u>Adult</u> - For adult	4:30
5:00							members only Family: Open	5:00
5:30		Swim Lessons		Swim Lessons			swim for all	5:30
5:45							members.	
6:00		AquaHigh/DWF		AquaHigh/DWF		within arm's reach	6 yrs old must be of supervising adult	6:00
7:00						an adult in the poor deep-end test, were accompanied by an	dren 6-7 must have ol area and pass the ar a lifejacket, or be an adult within arm's Children under 5'	7:00
8:00						who cannot pass must be accompanie arm's reach in th	the deep-end test ed by an adult within e water or wear a acket.	8:00
9:00								9:00