

# ALLYN-RIFORD POOL SCHEDULE

Effective **7/15/2024**

	MON 7/15	TUE 7/16	WED 7/17	THUR 7/18	FRI 7/19	SAT 7/20	SUN 7/21	
9								
5:00								5:00
6:00	Laps		Laps		Laps			6:00
7:00								7:00
7:15								7:30
7:30	Break 7:30-	Laps	Break 7:30-	Laps	Break 7:30-			7:30
7:45								8:00
8:00	Laps		Laps		Laps	Laps	Laps/Family	8:00
8:30								8:30
8:45		Break 8:45-9		Break 8:45-9	Break 8:45-9			9:00
9:00	Break 9-9:15		Break 9-9:15		Break 9-9:15			9:30
9:15	Aquacize	Aqua HiIT	Aquacize	Aqua HiIT	Aquacize/Aqua Blast	Lessons (lanes 1-2)/Laps		9:30
9:30								10:00
10:00	Break 10-10:15		Break 10-10:15		Break 10-10:15			10:15
10:15	Laps	Laps	Laps	Laps	Laps	Swim Lessons		11:00
11:00								11:00
11:15						Laps/Family		11:00
11:30							11:00	
11:45	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-		11:00	
Noon	Laps	Laps	Laps	Laps	Laps		Noon	
1:00							1:00	
1:30 PM	SACC (lanes 1-3)/Laps (lanes 4-6)	KidVentures(1-2)/ Laps Break 1:30-	SACC (lanes 1-3)/Laps (lanes 4-6)	KidVentures(1-2)/ Laps Break 1:30-	SACC (lanes 1-3)/Laps (lanes 4-6)		1:30	
1:45 PM							2:00	
2:00	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family		2:00	
2:45 PM							2:30 PM	
3:00	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15		2:45 PM	
3:15						Laps/Family	3:00	
3:30							3:45 PM	
3:45 PM							3:45 PM	
4:00	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family		4:00	
4:30		Break 4:45-5		Break 4:45-5	Break 4:30-		4:30	
5:00					Laps/Family		5:00	
5:45	Break 5:30-		Break 5:30-				5:00	
6:00	Lessons (lanes 1-2)/Laps	Laps/Family	Lessons (lanes 1-2)/Laps	Laps/Family			6:00	
6:30 PM							6:30 PM	
7:00	Laps/Family		Laps/Family	Lessons (lane 6)/Laps			7:00	
7:30							7:30 PM	
8:00							8:00	
8:30							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.

# EMERSON POOL SCHEDULE

Effective **7/15/2024**

	MON 7/15	TUE 7/16	WED 7/17	THUR 7/18	FRI 7/19	SAT 7/20	SUN 7/21	
5:00								5:00
6:00								6:00
7:00								7:00
7:30								7:30
8:00	Laps		Laps		Laps			8:00
8:30	Deep Water Fitness		Deep Water Fitness		Deep Water Fitness			8:30
9:00						Swim Lessons		9:00
9:30	Laps		Town of Niles		Town of Sennett			9:30
10:00			Town of Sennett					10:00
10:30	Town of Niles							10:30
11:00								11:00
11:30								11:30
Noon								Noon
12:30								12:30
1:00								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								4:00
4:30								4:30
5:00		Swim Lessons		Swim Lessons				5:00
5:30								5:30
5:45								5:45
6:00		AquaHigh/DWF		AquaHigh/DWF				6:00
7:00								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.