## **ALLYN-RIFORD POOL SCHEDULE**

**Effective** 7/8/2024

9	MON 7/8	TUE 7/9	WED 7/10	THUR 7/11	FRI 7/12	SAT 7/13	SUN 7/14	
<b>5:00</b>	7/6	7/3	7/10	//11	7/12	//13	//14	5:00
6:00	Laps		Laps		Laps			6:00
7:00 7:15								7:00
7:30 7:45	Break 7:30-	Laps	Break 7:30-	Laps	Break 7:30-	Laps		7:30
8:00	Laps		Laps		Laps	Laps		8:00
8:30 8:45	D - 1 0 0 15	Break 8:45-9	D - 1 0 0 15	Break 8:45-9	Break 8:45-9			8:30
<b>9:00</b> 9:15	Break 9-9:15		Break 9-9:15		Aquacize/Aqua			9:00
9:30	Aquacize	Aqua HiIT	Aquacize	Aqua HiIT	Blast	Lessons (lanes 1-	Lang/Eamily	9:30
<b>10:00</b> 10:15	Break 10-10:15		Break 10-10:15		Break 10-10:15	2)/Laps	Laps/Family	<b>10:00</b> 10:15
11:00	Laps	Laps	Laps	Laps	Laps	Swim Lessons		11:00
11:15 11:30		D - 11 45		D - 1145		Laps/Family		
11:45	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-			Noon
Noon	Laps	Laps	Laps	Laps	Laps			Noon
	Break 12:45-		Break 12:45-		Break 12:45-1			
1:00	SACC (lanes	KidVentures(1- 2)/ Laps	SACC (lanes	KidVentures(1- 2)/ Laps	SACC (lanes 1-			1:00
1:30 PM 1:45 PM	1-3)/Laps	Break 1:30-	1-3)/Laps	Break 1:30-	3)/Laps (lanes			1:30
2:00	(lanes 4-6)	Laps/Family	(lanes 4-6)	Laps/Family	4-6)			2:00
	Laps/Family		Laps/Family					2:30 PM
2:45 PM <b>3:00</b>	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15				2:45 PM <b>3:00</b>
3:15	Dieak 3-3.13	Dieak 3-3.13	DIEdk 3-3.13	Dieak 3-3.13	. /=			3:00
3:30					Laps/Family		<u>Laps:</u> lap	
3:45 PM <b>4:00</b>		Laps/Family		Laps/Family			member	3:45 PM <b>4:00</b>
4:30	Laps/Family		Laps/Family		Break 4:30-		swimmers of any age.	4:30
5:00		Break 4:45-5		Break 4:45-5	Laps/Family		<u><b>Adult</b></u> - For adult	5:00
5.45	Break 5:30- Lessons		Break 5:30-				members only <b>Family</b> : Open	
5:45 <b>6:00</b>	(lanes 1- 2)/Laps	Laps/Family	Lessons (lanes 1- 2)/Laps	Laps/Family			swim for all members.	6:00
6:30 PM								6:30 PM
7:00	Laps/Family		Laps/Family	Lessons (lane 6)/Laps		within arm's read		7:00
7:30						adult in the water must have an adu	It in the pool area	7:30 PM
8:00						and pass the dee a lifejacket, or be an adult within a	accompanied by	8:00
8:30						water. <b>Childre</b> cannot pass the	n under 5' who e deep-end test	0.00
9:00						must be accomposite within arm's reaction wear a li	th in the water or	9:00

## **EMERSON POOL SCHEDULE**

Effective 7/8/2024

	MON	TUE	WED	THUR	FRI	SAT	SUN	
5:00	7/8	7/9	7/10	7/11	7/12	7/13	7/14	5:00
5.00								
6:00								6:00
7:00								7:00
7:30								7:30
				7		_		
8:00	Laps		Laps		Laps			8:00
8:30						_		8:30
9:00	Deep Water Fitness		Deep Water Fitness		Deep Water Fitness		1	9:00
	Titliess		11011055		1 1011055			9.00
9:30			Town of Niles		Town of Sennett	Swim Lessons		9:30
10:00	Laps		Town of	-				10:00
10:30	Town of Niles		Sennett					10:30
11:00				]		_		11:00
11:30								11:30
Noon								Noon
12:30								12:30
1:00								1:00
								1.00
1:30 PM								
2:00								2:00
2:30 2:45								
3:00								3:00
3:30							<u><b>Laps</b></u> : lap member	
3.30							swimmers of	
4:00							any age.	4:00
4:30							<u>Adult</u> - For adult	4:30
5:00							members only	5:00
		Swim Lessons		Swim Lessons			Family: Open	
5:30 5:45		JWIIII LE350IIS		SWIIII LESSUIIS			swim for all members.	5:30
5:45 <b>6:00</b>								6:00
		AquaHigh/DWF		AquaHigh/DWF			6 yrs old must be	
		,				in the water. <b>Chile</b>	of supervising adult dren 6-7 must have	
7:00					an adult in the p		ol area and pass the	7:00
							ar a lifejacket, or be n adult within arm's	
						reach in the water.	Children under 5'	
8:00							the deep-end test ed by an adult within	8:00
						arm's reach in th	e water or wear a	
9:00						lifeja	acket.	9:00
9.00								9.00