

ALLYN-RIFORD POOL SCHEDULE

Effective 9/9/2024

	MON	TUE	WED	THUR	FRI	SAT	SUN	
9	9/9	9/10	9/11	9/12	9/13	9/14	9/15	
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						Laps		8:00
8:00	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		Aquacize/Deep Water Boot Camp	Lessons (lanes 1-3)/Laps (lanes 4-6)		9:30
9:15	Aquacize	Aqua HiIT	Aquacize	Aqua HiIT				10:00
9:30								10:15
10:00	Break 10-10:15		Break 10-10:15		Break 10-10:15	Swim Lessons		11:00
10:15	Laps	Laps	Laps	Laps	Laps			11:15
11:00						Laps/Family		11:30
11:15								11:45
11:30							Noon	
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
1:00								1:00
1:30 PM		Break 1:30-		Break 1:30-				1:30
1:45 PM	Laps/Family		Laps/Family		Laps/Family			2:00
2:00		MVPT		MVPT				2:30 PM
2:45 PM								2:45 PM
3:00	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15			3:00
3:15								3:30
3:30								3:45 PM
3:45 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			4:00
4:00		Break 4:15-						4:30
4:30	Break 4:45-5	Lifeguard In-Service (lanes 4-6)/Laps (lanes 1-3)	Break 4:45-5	Break 4:45-5	Break 4:45-5			5:00
5:00					Laps/Family			5:00
5:45								6:00
6:00	Laps/Family		Laps/Family	Laps/Family				6:00
6:30 PM		Laps/Family						6:30 PM
7:00								7:00
7:30								7:30 PM
8:00								8:00
8:30								8:30
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 **9/9/2024**

	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								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								9:00
9:30								9:30
10:00						Swim Lessons		10:00
10:30								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	Laps/Family Swim	Laps/Family Swim	Laps/Family Swim	Laps/Family Swim	Laps/Family Swim			4:00
4:30								4:30
5:00	Laps/Family Swim	Swim Lessons	Laps/Family Swim	Laps/Family Swim	Swim Lessons			5:00
5:30								5:30
5:45								5:45
6:00	Swim Lessons	AquaHigh/DWF	Swim Lessons	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.