

# EMERSON POOL SCHEDULE

Effective **9/2/2024**

	MON 9/2	TUE 9/3	WED 9/4	THUR 9/5	FRI 9/6	SAT 9/7	SUN 9/8	
5:00	<div style="position: absolute; top: 20%; left: 10%; width: 100px; height: 100px; border: 1px solid black; padding: 5px;">                     Building Closed for Labor Day                 </div>							5:00
6:00								6:00
7:00								7:00
7:30								7:30
8:00								8:00
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12:30								12:30
1:00								1:00
1:30 PM								1:30 PM
2:00								2:00
2:30								2:30
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3:00								3:00
3:30								3:30
4:00								4:00
4:30	4:30							
5:00	5:00							
5:30	5:30							
5:45	5:45							
6:00	6:00							
7:00	7:00							
8:00	8:00							
9:00	9:00							

Laps	Laps
Break 7:30-	Break 7:30-
Laps	Laps
Break 8:45-9	Deep Water Fitness
Aqua HiIT	Aquacize
Laps	Break 10:30-
Break 11:45-	Break 11:45-
Laps	Laps
Break 1:30-	Break 1:30-
MVPT	Laps/Family
Break 3-3:15	Break 3-3:15
Laps/Family	Laps/Family
Break 4:45-5	Break 4:45-5
Laps/Family	Laps/Family
AquaHigh/ DWF	

Laps	Laps
Laps/Family	Laps/Family

Laps/Family
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**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.