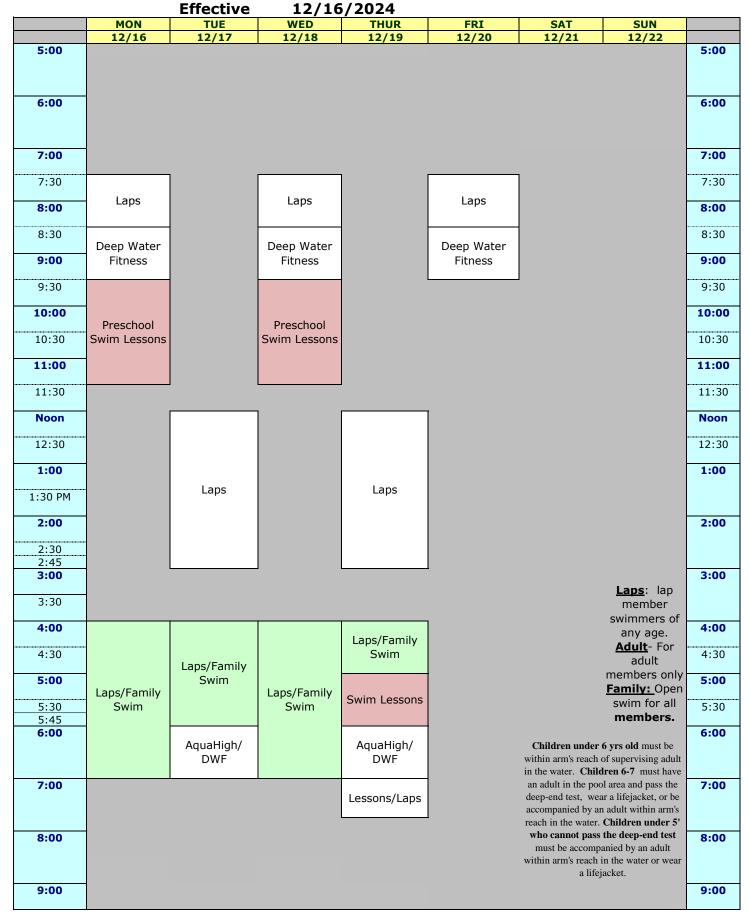
## ALLYN-RIFORD POOL SCHEDULE

	Effective 12/16/2024							
	MON	TUE	WED	THUR	FRI	SAT	SUN	
9	12/16	12/17	12/18	12/19	12/20	12/21	12/22	F 00
5:00	Laps/Masters (Lanes 3-5)		Laps/Masters (Lanes 3-5)		Laps/Masters (Lanes 3-5)			5:00
7:00 7:15	Laps		Laps		Laps			7:00
7:30 7:45	Break 7:30-	Laps	Break 7:30-	Laps	Break 7:30-			7:30
8:00	Laps		Laps		Laps	Laps		8:00
8:30 8:45		Break 8:45-9		Break 8:45-9	Break 8:45-9			8:30
9:00	Break 9-9:15		Break 9-9:15		Aquacize/Deep			9:00
9:15 9:30	Aquacize	Aqua HiIT	Aquacize	Aqua HiIT	Water Boot Camp	Laps/Family	Laps/Family	9:30
10:00	Break 10-10:15		Break 10-10:15		Break 10-10:15		Laps/Failing	10:00
10:15 <b>11:00</b> 11:15 11:30	Laps	Laps	Laps	Laps	Laps			10:15 <b>11:00</b>
11:45	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Stingray		
Noon	Laps	Laps	Laps	Laps	Laps	Home Meet		Noon
1:00								1:00
1:30 PM 1:45 PM <b>2:00</b> 2:45 PM	Laps/Family	Break 1:30- MVPT	Laps/Family	Break 1:30- MVPT	Laps/Family			1:30 <b>2:00</b> 2:30 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 3:45 PM 4:00	AHS Swim Team	Laps/Family	AHS Swim Team	AHS Swim Team	Laps/Family		<u>Laps:</u> lap member	3:45 PM 4:00
4:30	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	AHS Swim Meet		swimmers of any age. <u>Adult</u> - For adult	4:30 5:00
5:45							members only <u>Family</u> : Open swim for all	2.00
6:00 6:30 PM	Stingrays	Stingrays	Stingrays	Stingrays	Stingrays		members.	6:00 6:30 PM
7:00						Children under 6 yrs old must be within arm's reach of supervising adult in the water. Children 6-7		
7:30		must have a				must have an a	adult in the pool the deep-end test,	7:30 PM
8:00 8:30						wear a lifej accompanied by	acket, or be an adult within water. <b>Children</b>	8:00
9:00						deep-end t accompanied by	cannot pass the est must be / an adult within e water or wear a	9:00



## **EMERSON POOL SCHEDULE**