

ALLYN-RIFORD POOL SCHEDULE

Effective **12/16/2024**

	MON	TUE	WED	THUR	FRI	SAT	SUN	
	12/16	12/17	12/18	12/19	12/20	12/21	12/22	
9:00-9:15								5:00
5:00	Laps/Masters (Lanes 3-5)		Laps/Masters (Lanes 3-5)		Laps/Masters (Lanes 3-5)			5:00
6:00								6:00
7:00	Laps		Laps		Laps			7:00
7:15								
7:30	Break 7:30-	Laps	Break 7:30-	Laps	Break 7:30-			7:30
7:45						Laps		
8:00	Laps		Laps		Laps			8:00
8:30								8:30
8:45		Break 8:45-9		Break 8:45-9	Break 8:45-9			
9:00	Break 9-9:15		Break 9-9:15		Aquacize/Deep Water Boot Camp			9:00
9:15	Aquacize	Aqua HiIT	Aquacize	Aqua HiIT		Laps/Family		9:30
9:30							Laps/Family	
10:00	Break 10-10:15		Break 10-10:15		Break 10-10:15			10:00
10:15	Laps	Laps	Laps	Laps	Laps			10:15
11:00								11:00
11:15								
11:30								
11:45	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Stingray Home Meet		
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		MVPT		MVPT				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								3:00
3:30						Laps/Family		
3:45 PM	AHS Swim Team	Laps/Family	AHS Swim Team	AHS Swim Team				3:45 PM
4:00								4:00
4:30	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	AHS Swim Meet			4:30
5:00								5:00
5:45								
6:00	Stingrays	Stingrays	Stingrays	Stingrays	Stingrays			6:00
6:30 PM								6:30 PM
7:00								7:00
7:30								7:30 PM
8:00								8:00
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

EMERSON POOL SCHEDULE

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	MON	TUE	WED	THUR	FRI	SAT	SUN	
	12/16	12/17	12/18	12/19	12/20	12/21	12/22	
5:00								5:00
6:00								6:00
7:00								7:00
7:30								7:30
8:00								8:00
8:30								8:30
9:00								9:00
9:30								9:30
10:00								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	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							

7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
11:30	12:30	1:00	1:30 PM	2:00	2:30	2:45	3:00
3:30	4:00	4:30	5:00	5:30	6:00	7:00	8:00
8:00	9:00						
9:00	9:00						

Laps: lap member swimmers of any age.

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