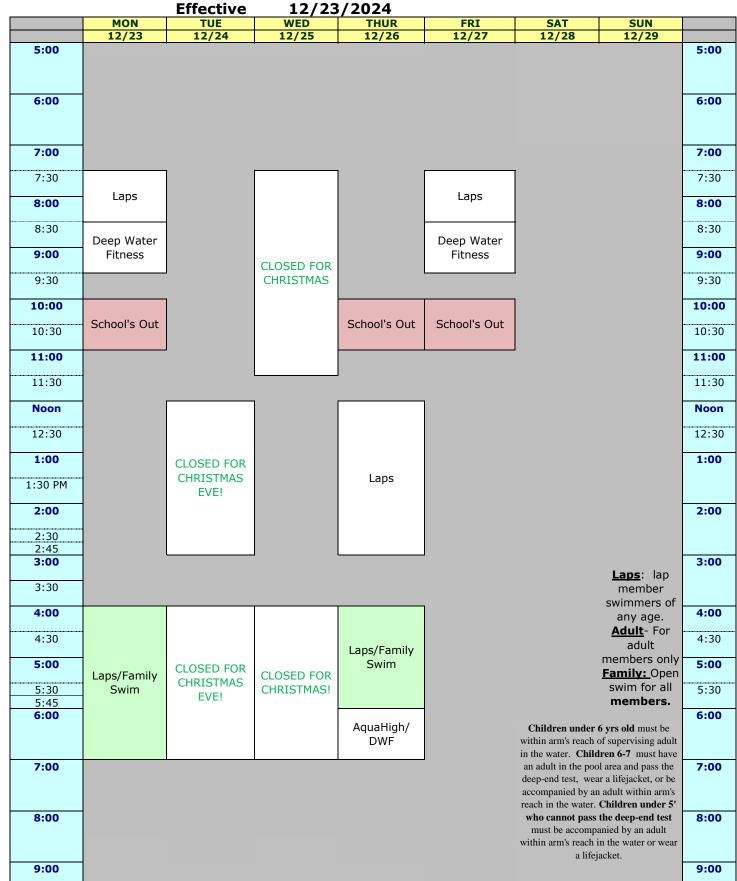
ALLYN-RIFORD POOL SCHEDULE Effective 12/23/2024								
	MON	TUE	WED	THUR	FRI	SAT	SUN	
9	12/23	12/24	12/25	12/26	12/27	12/28	12/29	
5:00	Laps/Masters (Lanes 3-5)				Laps/Masters (Lanes 3-5)	•		5:00
7:00	Laps			Laps/Masters (lanes 4-5)	Laps	Laps]	7:00
7:15	Break 7:15-			. ,	Break 7:15-	Laps		
7:30 7:45 8:00	AHS Swim Team	Laps Break 8:45-9 Aqua HiIT (No Instructor) Laps/Family	MERRY CHRISTMAS!! BUILDING CLOSED	AHS Swim Team	AHS Swim Team	Stingrays (lanes 1- 3)/AHS (lanes 4-6)		7:30 8:00
8:30 8:45								8:30
9:00 9:15 9:30	Break 9-9:15 Aquacize			Aqua HiIT (No Instructor)	Aquacize/Deep Water Boot Camp	Laps/Family	Laps/Family	9:00 9:30
10:15	Break 10-10:15 Laps			Laps	Break 10-10:15 Laps			10:00 10:15
11:00 11:15 11:30 11:45	Break 11:45-			Break 11:45-	Break 11:45-			11:00
Noon	Laps			Laps	Laps			Noon
1:00 1:30 PM 1:45 PM 2:00	Laps/Family			Break 1:30- MVPT	Laps/Family			1:00 1:30 2:00 2:30 PM
2:45 PM								2:30 PM 2:45 PM
3:00 3:15 3:30 3:45 PM	Break 3-3:15			Break 3-3:15	Break 3-3:15		Laps: lap	3:00 3:45 PM
4:00 4:30	Laps/Family Break 4:45-5			Laps/Family Break 4:45-5	Laps/Family		member swimmers of any age. <u>Adult</u> - For	4:00 4:30
5:00 5:45							adult members only Family : Open swim for all	5:00
6:00 6:30 PM	• Stingrays			Stingrays	Stingrays		members.	6:30 PM
7:00 7:30						Children under be within ar supervising adu Children 6-7 m	7:00 7:30 PM	
8:00 8:30	-					end test, wear a accompanied by	nd pass the deep- a lifejacket, or be an adult within e water. Children	8:00
9:00						under 5' who deep-end t accompanied by	cannot pass the est must be an adult within e water or wear a	9:00



EMERSON POOL SCHEDULE