

# 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			
6:00								6:00			
7:00	Laps	Laps			Laps	Laps		7:00			
7:15	Break 7:15-				7:15			7:15	7:15	7:30	
7:30	AHS Swim Team				Break 8:45-9	AHS Swim Team		AHS Swim Team	Stingrays (lanes 1-3)/AHS (lanes 4-6)		7:30
7:45											8:00
8:00							8:00				
8:30							8:30				
8:45	Break 9-9:15	Aqua HiIT (No Instructor)			Aqua HiIT (No Instructor)	Aquacize/Deep Water Boot Camp		9:00			
9:00	Aquacize							9:00			
9:15	Break 10-10:15	Laps/Family			Break 10-10:15		Laps/Family	9:30			
9:30								10:00			
10:00								10:00			
10:15	Laps				Laps			10:15			
11:00	Laps				Laps		Laps/Family	11:00			
11:15								11:00			
11:30	Break 11:45-				Break 11:45-			11:30			
11:45								11:45			
Noon	Laps				Laps			Noon			
1:00	Laps/Family				Laps			1:00			
1:30 PM								1:00			
1:45 PM					1:30						
2:00					2:00						
2:45 PM					MVPT			2:00			
3:00	Break 3-3:15	Laps/Family			Break 3-3:15	Laps/Family		2:30 PM			
3:15					2:45 PM						
3:30					3:00						
3:45 PM					3:00						
4:00	Laps/Family				Laps/Family			3:45 PM			
4:30	Break 4:45-5				Break 4:45-5			4:00			
5:00	Stingrays				Laps/Family			4:30			
5:45								5:00			
6:00					6:00						
6:30 PM								6:00			
7:00								6:30 PM			
7:30								7:00			
8:00								7:00			
8:30								7:30 PM			
9:00								8:00			
								8:30			
								9:00			

MERRY  
CHRISTMAS!!  
BUILDING  
CLOSED

**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

Effective **12/23/2024**

	MON	TUE	WED	THUR	FRI	SAT	SUN	
	12/23	12/24	12/25	12/26	12/27	12/28	12/29	
5:00								5:00
6:00								6:00
7:00								7:00
7:30								7:30
8:00	Laps					Laps		8:00
8:30	Deep Water Fitness					Deep Water Fitness		8:30
9:00								9:00
9:30								9:30
10:00	School's Out				School's Out	School's Out		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	Laps/Family Swim					Laps/Family Swim		5:00
5:30								5:30
5:45								5:45
6:00								6:00
6:30								6:30
7:00								7:00
8:00								8:00
9:00								9:00

CLOSED FOR CHRISTMAS

CLOSED FOR CHRISTMAS EVE!

CLOSED FOR CHRISTMAS!

**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.