

ALLYN-RIFORD POOL SCHEDULE

Effective **12/30/2024**

	MON	TUE	WED	THUR	FRI	SAT	SUN	
9	12/30	12/31	1/1	1/2	1/3	1/4	1/5	
5:00	Laps/Masters (Lanes 3-5)		HAPPY NEW YEAR!!!		Laps/Masters (Lanes 3-5)			5:00
6:00								6:00
7:00	Laps	Laps			Laps/Masters (lanes 4-5)	Laps		7:00
7:15	Break 7:15-				7:30	7:45		7:30
8:00	AHS Swim Team	Break 8:45-9			AHS Swim Team	AHS Swim Team	Stingrays (lanes 1-3)/AHS (lanes 4-6)	8:00
8:30					8:30			
8:45	Break 9-9:15	Aqua HiIT			Aquacize/Deep Water Boot Camp		Laps/Family	9:00
9:15	Aquacize				9:30			
9:30	Break 10-10:15	Laps			Break 10-10:15		Laps/Family	10:00
10:00					10:15			
10:15	Laps				Laps		Laps/Family	11:00
11:00					11:15			11:30
11:30	Break 11:45-	Break 11:45-			Break 11:45-	Break 11:45-		Noon
11:45	Laps	Laps			Noon			
Noon	Laps	Laps/Family			Laps	Laps		1:00
1:00					1:30	1:45		2:00
1:30 PM	Laps/Family				Break 1:30-	Laps/Family		2:00
1:45 PM					2:30 PM	2:45 PM		
2:00	Laps/Family				Laps/Family	Laps/Family		2:30 PM
2:45 PM					2:45 PM			
3:00	Break 3-3:15				Break 3-3:15	Break 3-3:15		3:00
3:15					3:30	3:45 PM		
3:30	Laps/Family				Laps/Family	Laps/Family		3:45 PM
3:45 PM					4:00			
4:00	Laps/Family				Laps/Family	Laps/Family		4:30
4:30	Break 4:45-5				4:30			
4:45					Break 4:45-5	Laps/Family		5:00
5:00					5:00			
5:45	Stingrays							6:00
6:00								6:30 PM
6:30 PM					Stingrays	Stingrays		6:30 PM
7:00					7:00			
7:30								7:30 PM
8:00								8:00
8:30								9:00
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

Effective **12/30/2024**

	MON 12/30	TUE 12/31	WED 1/1	THUR 1/2	FRI 1/3	SAT 1/4	SUN 1/5	
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	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		Laps		Laps				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				Winter Camp	Winter Camp			4:00
4:30								4:30
5:00	Laps/Family Swim	Closed for New Years Eve	Happy New Year!	Laps/Family Swim				5:00
5:30								5:30
5:45								5:45
6:00				AquaHigh/DWF				6:00
7:00								7:00
8:00								8:00
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 lifejacket.