ALLYN-RIFORD POOL SCHEDULE Effective 1/6/2025								
	MON	TUE	WED	THUR	FRI	SAT	SUN	
9	1/6	1/7	1/8	1/9	1/10	1/11	1/12	
5:00				1	-			5:00
6:00	Laps/Masters (Lanes 3-5)		Laps/Masters (Lanes 3-5)		Laps/Masters (Lanes 3-5)			6:00
	Laps		Laps		Laps			
7:00 7:15	Lapo		Lapo		Lapo			7:00
7:30 7:45	Break 7:30-	Laps	Break 7:30-	Laps	Break 7:30-	,		7:30
8:00	Laura		Laws		Laps	Laps		8:00
8:30	Laps		Laps					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			9:00
9:15 9:30	Aquacize	Aqua HiIT	Aquacize	Aqua HiIT	Water Boot Camp		Laps/Family	9:30
	Break 10-10:15		Break 10-10:15		Break 10-10:15		Laps/ranniy	10:00
10:15	Laps	Laps	Laps	Laps	Laps	Laps/Family		10:15
11:15								
11:30 11:45	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-			
Noon								Noon
	Laps	Laps	Laps	Laps	Laps			
1:00								1:00
1:30 PM	Lang/Family	Break 1:30-		Break 1:30-	Lang/Eamily			1:30
1:45 PM 2:00	Laps/Family		Laps/Family		Laps/Family			2:00
		Laps/Family		Laps/Family				
2.45 DM	Break 2:45-3				Break 2:45-3			2:30 PM 2:45 PM
3:00	DIEdk 2.45 5	Break 3-3:15	Break 3-3:15	Break 3-3:15	DIEdk 2.45 5			3:00
3:15								
3:30 3:45 PM	AHS Swim	AHS Swim	Laps/Family	AHS Swim	AHS Swim		Laps: lap	3:45 PM
4:00	Team	Team		Team	Team		member swimmers of	4:00
4:30	Break 4:45-5	Break 4:45-5		Break 4:45-5	Break 4:45-5		any age. <u>Adult</u> - For	4:30
5:00			AHS Swim		Dicuk 4.45 J		adult	5:00
5:45			Meet		Laps/Family		members only Family: Open swim for all	
6:00							members.	6:00
6:30 PM	Stingrays	Stingrays		Stingrays	Stingrays			6:30 PM
7:00			Stingrays			be within ar	Children under 6 yrs old must be within arm's reach of	
7:30			supervising adult in the wate Children 6-7 must have an a				ust have an adult	7:30 PM
8:00						end test, wear a	and pass the deep- a lifejacket, or be / an adult within	8:00
8:30						arm's reach in the	e water. Children cannot pass the	
9:00						accompanied by	est must be / an adult within e water or wear a	9:00

