

EMERSON POOL SCHEDULE

Effective **1/6/2025**

	MON 1/6	TUE 1/7	WED 1/8	THUR 1/9	FRI 1/10	SAT 1/11	SUN 1/12	
5:00								5:00
6:00								6:00
7:00								7:00
7:30								7:30
8:00	Laps			Laps			Laps	8:00
8:30	Deep Water Fitness			Deep Water Fitness			Deep Water Fitness	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	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	Laps/Family Swim		Laps/Family Swim	Laps/Family Swim		Laps/Family Swim		4:00
4:30								4:30
5:00	Laps/Family Swim		Laps/Family Swim		Laps/Family Swim		Laps/Family Swim	5:00
5:30								5:30
5:45								5:45
6:00	AquaHigh/DWF				AquaHigh/DWF		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.