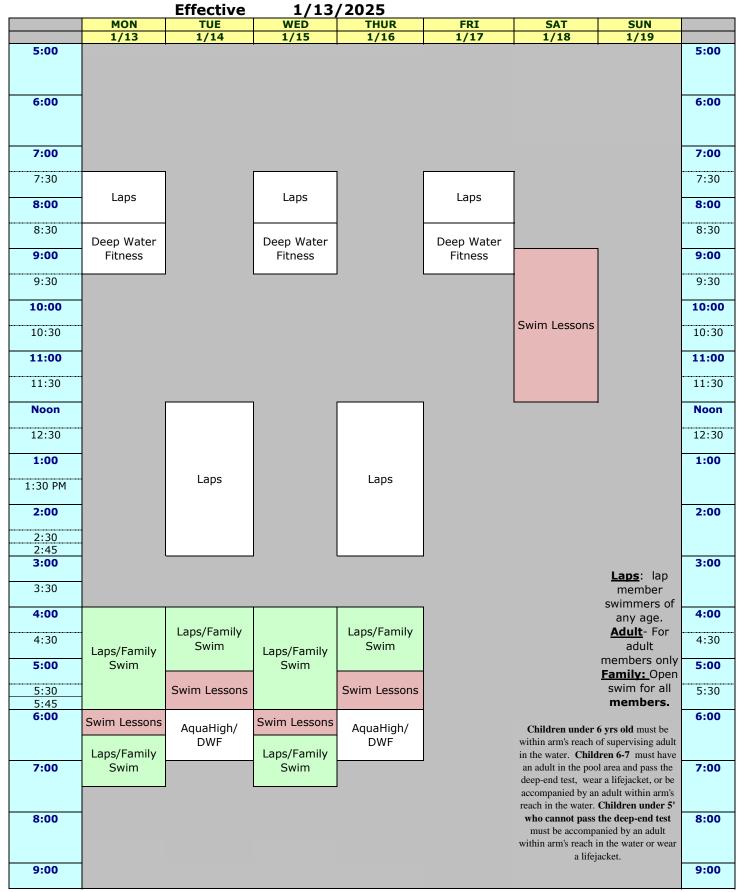
ALLYN-RIFORD POOL SCHEDULE Effective 1/13/2025								
	MON	TUE	WED	THUR	FRI	SAT	SUN	
9	1/13	1/14	1/15	1/16	1/17	1/18	1/19	
5:00				_				5:00
6:00	Laps/Masters (Lanes 3-5)		Laps/Masters (Lanes 3-5)		Laps/Masters (Lanes 3-5)			6:00
	Laps		Laps				1	
7:00 7:15	Break 7:15-		Break 7:15-			Laps		7:00
7:30 7:45		Laps		Laps	Laps			7:30
8:00	Laps		Laps			AHS Swim Team		8:00
8:30		Break 0:45 0		Break 9:45 0	Break 9:45 0			8:30
8:45 <b>9:00</b>	Break 9-9:15	Break 8:45-9	Break 9-9:15	Break 8:45-9	Break 8:45-9			9:00
9:15 9:30	Aquacize	Aqua HiIT	Aquacize	Aqua HiIT	Aquacize/Deep Water Boot Camp		Lene (Ferreih)	9:30
10:00	Break 10-10:15		Break 10-10:15		Break 10-10:15	Swim Lessons	Laps/Family	10:00
10:15 <b>11:00</b>	Laps	Laps	Laps	Laps	Laps			10:15 <b>11:00</b>
11:15								
11:30	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-			
11:45 Noon	Dreak 11:45-	Dreak 11:45-	Бгеак 11:45-	DIEak II.45	Break 11:45-			Noon
	Laps	Laps	Laps	Laps	Laps	Laps/Family		
1:00								1:00
1:30 PM		Break 1:30-		Break 1:30-				1:30
1:45 PM 2:00	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family		J	2:00 2:30 PM
2:45 PM 3:00	Break 3-3:15	Brook 3-3-15	Break 3-3:15	Brook 3-3-15	Break 3-3:15			2:45 PM 3:00
3:15	Dieak 5 5.15	DIEak 5 5.15	Dieak 5 5.15	DIEak 5 5.15	Dieak 5 5.15			5.00
3:30 3:45 PM 4:00 4:30	AHS Swim Team	AHS Swim Team	Laps/Family	AHS Swim Team	Laps/Family		Laps: lap member swimmers of any age.	3:45 PM 4:00 4:30
	Break 4:45-5	Break 4:45-5	AHS Swim	Break 4:45-5	, , ,		Adult - For	
<b>5:00</b> 5:45			Meet				adult members only <b>Family:</b> Open swim for all	5:00
6:00							members.	6:00
6:30 PM	Stingrays	tingrays Stingrays	Stingrays	Stingrays	Stingrays			6:30 PM
7:00							r <b>6 yrs old</b> must m's reach of	7:00
7:30						<b>Children 6-7</b> m in the pool area a	7:30 PM	
8:00 8:30						end test, wear a accompanied by	a lifejacket, or be an adult within	8:00
9:00						deep-end to accompanied by	cannot pass the est must be an adult within	9:00
						arm's reach in the	e water or wear a	



## **EMERSON POOL SCHEDULE**