ALLYN-RIFORD POOL SCHEDULE
Effective 1/13/2025

9	MON 1/13	TUE 1/14	WED 1/15	THUR 1/16	FRI 1/17	SAT 1/18	SUN 1/19	
5:00	Laps/Masters (Lanes 3-5)		Laps/Masters (Lanes 3-5)		Laps/Masters (Lanes 3-5)			5:00
6:00	Laps		Laps					6:00
7:00		Laps		Laps	Laps	Laps		7:00
7:15	Break 7:15-		Break 7:15-					7:15
7:30						AHS Swim Team		7:30
7:45	Laps		Laps					
8:00		Laps		Laps	Laps		Laps/Family	8:00
8:30								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 Water Boot Camp	Swim Lessons		9:00
9:15	Aquacize	Aqua HiIT	Aquacize	Aqua HiIT				
9:30								9:30
10:00	Break 10-10:15		Break 10-10:15		Break 10-10:15		Laps/Family	10:00
10:15								10:15
	Laps	Laps	Laps	Laps	Laps			
11:00								11:00
11:15						Laps/Family		
11:30								
11:45	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-			
Noon	Laps		Laps		Laps			Noon
		Laps		Laps				
1:00								1:00
1:30 PM	Laps/Family	Break 1:30-	Laps/Family	Break 1:30-	Laps/Family			1:30
1:45 PM								
2:00		Laps/Family		Laps/Family				2:00
								2:30 PM
2:45 PM								2:45 PM
3:00	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15			3:00
3:15			Laps/Family					
3:30	AHS Swim Team	AHS Swim Team		AHS Swim Team	Laps/Family			
3:45 PM								3:45 PM
4:00			AHS Swim Meet					4:00
4:30								4:30
	Break 4:45-5	Break 4:45-5		Break 4:45-5				
5:00					Laps/Family			5:00
5:45	Stingrays	Stingrays		Stingrays				
6:00			Stingrays					6:00
6:30 PM					Stingrays			6:30 PM
7:00								7:00
7:30								7:30 PM
8:00								8:00
8:30								8:30
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   1/13/2025

	MON 1/13	TUE 1/14	WED 1/15	THUR 1/16	FRI 1/17	SAT 1/18	SUN 1/19	
5:00								5:00
6:00								6:00
7:00								7:00
7:30	Laps		Laps		Laps			7:30
8:00								8:00
8:30	Deep Water Fitness		Deep Water Fitness		Deep Water Fitness			8:30
9:00						Swim Lessons		9:00
9:30								9:30
10:00								10:00
10:30								10:30
11:00								11:00
11:30								11:30
Noon		Laps		Laps				Noon
12:30								12:30
1:00								1:00
1:30 PM								
2:00								2:00
2:30								
2:45								
3:00								3:00
3:30								
4:00	Laps/Family Swim	Laps/Family Swim	Laps/Family Swim	Laps/Family Swim				4:00
4:30								4:30
5:00								5:00
5:30		Swim Lessons		Swim Lessons				5:30
5:45								
6:00	Swim Lessons	AquaHigh/DWF	Swim Lessons	AquaHigh/DWF				6:00
	Laps/Family Swim		Laps/Family Swim					
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.