

# ALLYN-RIFORD POOL SCHEDULE

Effective 1/20/2025

	MON	TUE	WED	THUR	FRI	SAT	SUN			
9	1/20	1/21	1/22	1/23	1/24	1/25	1/26			
5:00	Laps/Masters (Lanes 3-5)		Laps/Masters (Lanes 3-5)		Laps/Masters (Lanes 3-5)			5:00		
6:00								6:00		
7:00	Laps	Laps	Laps	Laps	Laps	Laps	Laps/Family	7:00		
7:15	Break 7:15-		Break 7:15-		Break 7:15-			7:30		
7:30	Laps		Laps (lanes 1-3)/LG in-service		Laps	Laps		AHS Swim Team	8:00	
7:45	Laps								8:30	
8:00	Break 9-9:15	Aqua HIIT	Break 9-9:15	Aqua HIIT	Aquacize/Deep Water Boot Camp	8:30				
8:30	Aquacize		Aquacize			Aquacize	9:00			
8:45	Break 10-10:15	Laps	Break 10-10:15	Laps	Laps	Laps/Family	9:30			
9:00	Laps		Break 11:45-				Break 11:45-	Break 11:45-	10:00	
9:15	Laps		Laps/Family				Laps/Family	Laps/Family	Laps/Family	10:15
9:30	Laps									11:00
10:00	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Laps/Family	11:00			
10:15	Laps	Laps	Laps	Laps	Laps		Noon			
11:00	Laps	Laps	Laps	Laps	Laps		1:00			
11:15	Laps	Laps	Laps	Laps	Laps		1:30			
11:30	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Laps/Family	2:00			
11:45	Laps	Laps	Laps	Laps	Laps		2:30 PM			
Noon	Laps	Laps	Laps	Laps	Laps		2:45 PM			
1:00	Laps	Laps	Laps	Laps	Laps		3:00			
1:30 PM	Laps/Family	Break 1:30-	Laps/Family	Break 1:30-	Laps/Family	Laps/Family	3:45 PM			
1:45 PM		Laps/Family		Laps/Family			Laps/Family	Laps/Family	4:00	
2:00	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family		4:30			
2:45 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family		5:00			
3:00	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Laps/Family	6:00			
3:15	AHS Swim Team	AHS Swim Team	AHS Swim Team	AHS Swim Team	AHS Swim Team		6:30 PM			
3:30							Stingrays	Stingrays	Stingrays	Stingrays
3:45 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family					
4:00	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Laps/Family	8:00			
4:30	AHS Swim Team	AHS Swim Team	AHS Swim Team	AHS Swim Team	AHS Swim Team		8:30			
5:00	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5		9:00			
5:45	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family					
6:00	Stingrays	Stingrays	Stingrays	Stingrays	Stingrays	Laps/Family	9:00			
6:30 PM							9:00			
7:00							9:00			
7:30							9:00			
8:00						Laps/Family	9:00			
8:30							9:00			
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 **1/20/2025**

	MON 1/20	TUE 1/21	WED 1/22	THUR 1/23	FRI 1/24	SAT 1/25	SUN 1/26	
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								1:00
1:30 PM		Laps		Laps				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								4:00
4:30	Laps/Family Swim	Laps/Family Swim	Laps/Family Swim	Laps/Family Swim	Laps/Family Swim			4:30
5:00								5:00
5:30		Swim Lessons			Swim Lessons			5:30
5:45								5:45
6:00	Swim Lessons	AquaHigh/DWF	Swim Lessons	AquaHigh/DWF				6:00
7:00	Laps/Family Swim		Laps/Family Swim					7:00
8:00								8:00
9:00								9:00

Swim Lessons

**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.