

ALLYN-RIFORD POOL SCHEDULE

Effective **2/17/2025**

	MON 2/17	TUE 2/18	WED 2/19	THUR 2/20	FRI 2/21	SAT 2/22	SUN 2/23	
9								
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		7:00
7:15	Break 7:30-		Break 7:30-		Break 7:30-			Break 7:30-
7:30 7:45	Laps		Laps		Laps	Laps		Laps (lanes 1-3)/Stingrays (lanes 4-6)
8:30 8:45	Break 8:45-9	Break 8:45-9	Break 8:45-9	Break 8:45-9	Break 8:45-9	Laps/Family	8:30	
9:00	Break 9-9:15	Aqua HIIT	Break 9-9:15	Aqua HIIT	Aquacize/Deep Water Boot Camp		Swim Lessons	9:00
9:15 9:30	Aquacize	Aquacize	Aquacize	Aqua HIIT	Aquacize/Deep Water Boot Camp		Swim Lessons	9:30
10:00	Break 10-10:15	Laps	Break 10-10:15	Laps	Break 10-10:15	Swim Lessons (lanes 1-4)/Laps(lanes 5&6)	Laps/Family	10:00
10:15	Laps		Laps		Laps			Laps
11:00	Laps	Laps	Laps	Laps	Laps	11:00		
11:15	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Laps/Family (lanes 1-3)/SCUBA (lanes 4-6)		11:00
11:30								11:00
11:45	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Laps/Family (lanes 1-3)/SCUBA (lanes 4-6)		Noon
Noon	Laps	Laps	Laps	Laps	Laps	Laps/Family (lanes 1-3)/SCUBA (lanes 4-6)	Noon	
1:00	Laps/Family	Break 1:30-	Laps/Family	Break 1:30-	Laps/Family	Laps/Family		1:00
1:30 PM								1:30
1:45 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family		2:00
2:00	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	2:00	
2:45 PM	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Laps/Family		2:30 PM
3:00								3:00
3:15	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family		2:45 PM
3:30							3:00	
3:45 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	3:45 PM	
4:00	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	4:00	
4:30	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Laps/Family	4:30	
5:00	Stingrays	Stingrays	Stingrays	Stingrays	Stingrays	Laps/Family	5:00	
5:45						5:00		
6:00						6:00		
6:30 PM						6:30 PM		
7:00						7:00		
7:30	7:30							
8:00							8:00	
8:30							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

EMERSON POOL SCHEDULE

Effective **2/17/2025**

	MON	TUE	WED	THUR	FRI	SAT	SUN	
	2/17	2/18	2/19	2/20	2/21	2/22	2/23	
5:00								5:00
6:00								6:00
7:00								7:00
7:30								7:30
8:00								8:00
8:30								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								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								4:30
5:00								5:00
5:30								5:30
5:45								5:45
6:00								6:00
7:00								7:00
8:00								8:00
9:00								9:00

Laps

Deep Water Fitness

Laps

Deep Water Fitness

Laps

Deep Water Fitness

Swim Lessons

School's Out

School's Out

School's Out

School's Out

School's Out

Laps/Family Swim

Laps/Family Swim

Swim Lessons

Laps/Family Swim

Swim Lessons

Laps/Family Swim

Swim Lessons

Swim Lessons

Laps/Family Swim

AquaHigh/DWF

Swim Lessons

Laps/Family Swim

AquaHigh/DWF

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