

# ALLYN-RIFORD POOL SCHEDULE

Effective **2/24/2025**

	MON 2/24	TUE 2/25	WED 2/26	THUR 2/27	FRI 2/28	SAT 3/1	SUN 3/2	
9								
<b>5:00</b>	Laps/Masters (Lanes 3-5)		Laps/Masters (Lanes 3-5)		Laps/Masters (Lanes 3-5)			<b>5:00</b>
<b>6:00</b>								<b>6:00</b>
<b>7:00</b>	Laps	Laps	Laps	Laps	Laps	Laps		<b>7:00</b>
<b>7:15</b>								
7:30	Break 7:30-	Laps	Break 7:30-	Laps	Break 7:30-			7:30
7:45								
<b>8:00</b>	Laps	Laps	Laps	Laps	Laps	Laps (lanes 1-3)/Stingrays (lanes 4-6)	Laps/Family	<b>8:00</b>
8:30								
8:45		Break 8:45-9		Break 8:45-9	Break 8:45-9			
<b>9:00</b>	Break 9-9:15	Aqua HIIT	Break 9-9:15	Aqua HIIT	Aquacize/Deep Water Boot Camp	Swim Lessons		<b>9:00</b>
9:15	Aquacize		Aquacize		Aquacize			
9:30								
<b>10:00</b>	Break 10-10:15	Laps	Break 10-10:15	Laps	Break 10-10:15	Swim Lessons (lanes 1-4)/Laps(lanes 5&6)		<b>10:00</b>
10:15	Laps		Laps		Laps			Laps
<b>11:00</b>		Laps		Laps		Laps/Family (lanes 1-3)/SCUBA (lanes 4-6)		<b>11:00</b>
11:15								
11:30		Laps		Laps				
11:45	Break 11:45-		Break 11:45-		Break 11:45-			Break 11:45-
<b>Noon</b>	Laps	Laps	Laps	Laps	Laps			<b>Noon</b>
<b>1:00</b>								BOCES Rental
1:30 PM	Laps/Family	Break 1:30-	Laps/Family	Break 1:30-	Laps/Family			1:30
1:45 PM								
<b>2:00</b>		Laps/Family	Laps/Family	Laps/Family	Laps/Family			<b>2:00</b>
2:45 PM								2:30 PM
<b>3:00</b>	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15			<b>3:00</b>
3:15		Laps/Family		AHS Swim Team	Laps/Family			
3:30	AHS Swim Team		AHS Swim Team					AHS Swim Team
3:45 PM								<b>4:00</b>
<b>4:30</b>	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5			<b>4:30</b>
<b>5:00</b>		Stingrays	Stingrays	Stingrays	Stingrays	Laps/Family		<b>5:00</b>
5:45								
<b>6:00</b>						Stingrays		<b>6:00</b>
6:30 PM								6:30 PM
<b>7:00</b>								<b>7:00</b>
<b>7:30</b>								7:30 PM
<b>8:00</b>								<b>8:00</b>
<b>8:30</b>								
<b>9:00</b>								<b>9:00</b>

**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 **2/24/2025**

	MON 2/24	TUE 2/25	WED 2/26	THUR 2/27	FRI 2/28	SAT 3/1	SUN 3/2	
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	Preschool Swim Lessons		Preschool Swim Lessons			Swim Lessons		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	Laps/Family Swim	Laps/Family Swim	Laps/Family Swim	Laps/Family Swim				4:30
5:00		Swim Lessons		Swim Lessons				5:00
5:30								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

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