

# ALLYN-RIFORD POOL SCHEDULE

Effective **3/31/2025**

	MON 3/31	TUE 4/1	WED 4/2	THUR 4/3	FRI 4/4	SAT 4/5	SUN 4/6		
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>	Break 7:30-		Break 7:30-		Break 7:30-			Break 7:30-	7:30
7:30 7:45	Laps		Laps		Laps			Laps	<b>8:00</b>
8:30 8:45	Break 8:45-9	Break 8:45-9	Break 8:45-9	Break 8:45-9	Break 8:45-9			8:30	
<b>9:00</b>	Break 9-9:15	Aqua HIIT	Break 9-9:15	Aqua HIIT	Aquacize/Deep Water Boot Camp	Swim Lessons (lanes 1, 5&6)/Laps (lanes 2-4)	Laps/Family	<b>9:00</b>	
9:15 9:30	Aquacize		Aquacize		Aquacize			Aquacize/Deep Water Boot Camp	9:30
<b>10:00</b>	Break 10-10:15	Laps	Break 10-10:15	Laps	Break 10-10:15	Swim Lessons	Laps/Family	<b>10:00</b>	
10:15	Laps		Laps		Laps			Laps	10:15
<b>11:00</b>	Laps	Laps	Laps	Laps	Laps	Laps/Family		<b>11:00</b>	
11:15	Laps/Family		Laps/Family		Laps/Family			Laps/Family	Laps/Family
11:30									
<b>Noon</b>	Laps	Laps	Laps	Laps	Laps			<b>Noon</b>	
<b>1:00</b>	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family		<b>1:00</b>	
1:30 PM								Break 1:30-	Break 1:30-
1:45 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family		<b>2:00</b>	
<b>2:00</b>								Break 3-3:15	Break 3-3:15
2:45 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family		2:45 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	Break 3-3:15		<b>3:00</b>	
3:15	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family		3:15	
3:30								Laps/Family	Laps/Family
3:45 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family		3:45 PM	
<b>4:00</b>								Break 4:45-5	Break 4:45-5
<b>4:30</b>	Break 4:45-5	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>	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family		<b>5:00</b>	
5:45								Laps/Family	Laps/Family
<b>6:00</b>	Break 6:00-6:30	Break 6:00-6:30	Break 6:00-6:30	Break 6:00-6:30	Break 6:00-6:30	Break 6:00-6:30		6:00	
6:30 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family		6:30 PM	
<b>7:00</b>	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family		<b>7:00</b>	
<b>7:30</b>								Laps/Family	Laps/Family
<b>8:00</b>	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family		<b>8:00</b>	
<b>8:30</b>								Laps/Family	Laps/Family
<b>9:00</b>	Break 9:00-9:15	Break 9:00-9:15	Break 9:00-9:15	Break 9:00-9:15	Break 9:00-9:15	Break 9:00-9:15		<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 **3/31/2025**

	MON 3/21	TUE 4/1	WED 4/2	THUR 4/3	FRI 4/4	SAT 4/5	SUN 4/6	
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				4:30
5:00		Swim Lessons	Laps/Family Swim	Swim Lessons				5:00
5:30								5:30
5:45								5:45
6:00	Swim Lessons	AquaHigh/DWF		AquaHigh/DWF				6:00
7:00	Laps/Family Swim			Swim Lessons				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.