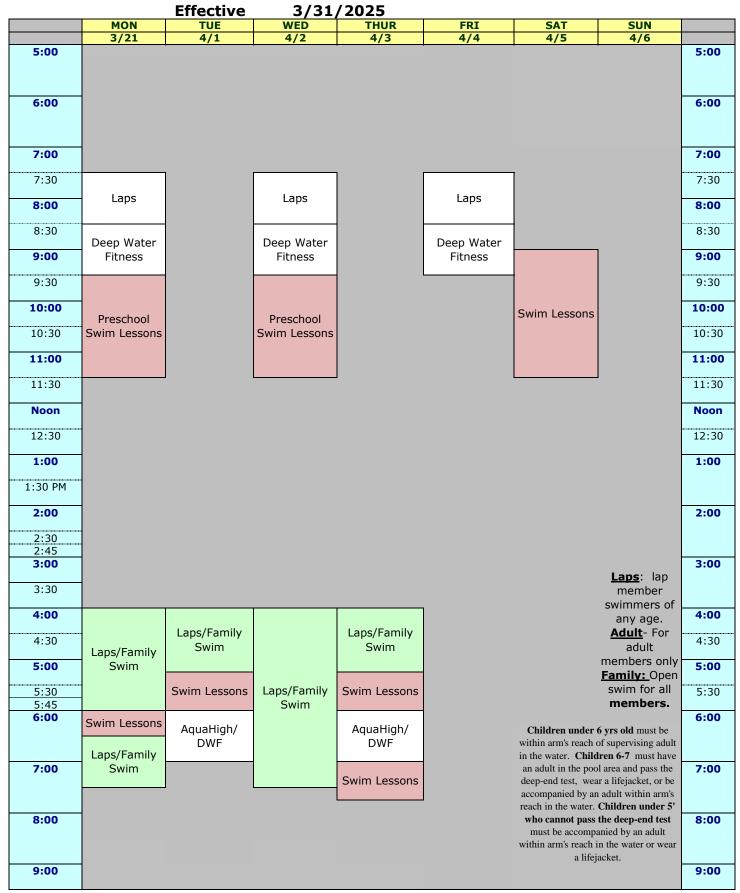
ALLYN-RIFORD POOL SCHEDULE

		Effective		/2025			-	
	MON	TUE	WED	THUR	FRI	SAT	SUN	
9	3/31	4/1	4/2	4/3	4/4	4/5	4/6	
5:00	Laps/Masters (Lanes 3-5)		Laps/Masters (Lanes 3-5)		Laps/Masters (Lanes 3-5)			5:00 6:00
7:00 7:15	Laps		Laps		Laps			7:00
7:30 7:45	Break 7:30-	Laps	Break 7:30-	Laps	Break 7:30-	Laps		7:30
8:00	Laps		Laps		Laps	Laps		8:00
8:30 8:45 9:00	Brook 0.0.15	Break 8:45-9	Break 9-9:15	Break 8:45-9	Break 8:45-9	Swim Lessons		8:30
9:15 9:30	Break 9-9:15 Aquacize	Aqua HiIT	Aquacize	Aqua HiIT	Aquacize/Deep Water Boot Camp	(lanes 1, 5&6)/Laps (lanes 2-4)		9:00 9:30
10:00 10:15	Break 10-10:15		Break 10-10:15		Break 10-10:15	Swim Lessons	Laps/Family	10:00 10:15
11:00 11:15	Laps	Laps	Laps	Laps	Laps			11:00
11:30 11:45	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	/ F ik .		
Noon						Laps/Family		Noon
	Laps	Laps	Laps	Laps	Laps			
1:00 1:30 PM		Break 1:30-		Break 1:30-				1:00 1:30
1:45 PM 2:00	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			2:30 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			2:45 PM 3:00
3:15 3:30 3:45 PM 4:00 4:30	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family		Laps: lap member swimmers of any age.	3:45 PM 4:00 4:30
	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5		<u>Adult</u> - For	
5:00					Laps/Family		adult members only Family: Open	5:00
6:00		Lang/Eamily	Long/Esmily				swim for all members.	6:00
6:30 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family				6:30 PM
7:00						Children under be within ar supervising add	7:00 7:30 PM	
8:00						in the pool area a	ust have an adult and pass the deep- a lifejacket, or be	8:00
8:30						accompanied by arm's reach in the	y an adult within e water. Children	
9:00						deep-end t accompanied by	cannot pass the est must be y an adult within e water or wear a	9:00



EMERSON POOL SCHEDULE