ALLYN-RIFORD POOL SCHEDULE

Effective 3/17/2025

0	MON	TUE	WED	THUR	FRI 3/21	SAT	SUN	
9 5:00	3/17	3/18	3/19	3/20	3/21	3/22	3/23	5:00
6:00	Laps/Masters (Lanes 3-5)		Laps/Masters (Lanes 3-5)		Laps/Masters (Lanes 3-5)			6:00
7:00 7:15	Laps		Laps		Laps			7:00
7:30	Break 7:30-	Laps	Break 7:30-	Laps	Break 7:30-			7:30
7:45 8:00	Laps		Laps		Laps	Laps		8:00
8:30		D 1 0 15 0		D 1 0 15 0	D 10.45.0			8:30
8:45 9:00	Break 9-9:15	Break 8:45-9	Break 9-9:15	Break 8:45-9	Break 8:45-9	Swim Lessons		9:00
9:15 9:30	Aquacize	Aqua HiIT	Aquacize	Aqua HiIT	Aquacize/Deep Water Boot Camp	(lanes 1, 5&6)/Laps (lanes 2-4)		9:30
10:00	Break 10-10:15		Break 10-10:15		Break 10-10:15	Tidrics 2 +7	Laps/Family	10:00
10:15 11:00	- Laps	Laps	Laps	Laps	Laps	Swim Lessons		10:15 11:00
11:15								
11:30		<u>_</u>		D 1 1 4 5		Laps/Family		
11:45	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	(lanes 1-		Noon
Noon	Laps	Laps	Laps	Laps	Laps	3)/SCUBA (lanes 4-6)		Noon
1:00								1:00
1:30 PM 1:45 PM 2:00	Laps/Family	Break 1:30- Laps/Family	Laps/Family	Break 1:30- Laps/Family	Laps/Family			1:30 2:00
2:45 PM								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			3:00
3:15 3:30 3:45 PM 4:00		Laps/Family		Laps/Family	Laps/Family		<u>Laps:</u> lap member swimmers of any age.	3:45 PM 4:00 4:30
4.50	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5		<u>Adult</u> - For	4.50
5:00 5:45					Laps/Family		adult members only Family: Open swim for all	5:00
6:00 6:30 PM	Stingrays	Stingrays	Stingrays	Stingrays			members.	6:00 6:30 PM
7:00							r 6 yrs old must m's reach of	7:00
7:30						supervising add	7:30 PM	
8:00 8:30						end test, wear a accompanied by	and pass the deep- a lifejacket, or be an adult within	8:00
9:00						under 5' who deep-end to accompanied by	e water. Children cannot pass the est must be an adult within e water or wear a	9:00

EMERSON POOL SCHEDULE

Effective 3/17/2025

		Effective		/ 2025				
	MON 3/17	TUE 3/18	WED 3/19	THUR 3/20	FRI 3/21	SAT 3/22	SUN 3/23	
5:00	3/1/	3/16	3/19	3/20	3/21	3/22	3/23	5:00
5.55								5.55
6:00	-							6:00
0.00								0.00
7:00	-							7:00
7.00								7.00
7:30								7:30
8:00	Laps		Laps		Laps			8:00
						_		
8:30	Doop Water		Doon Water		Doon Water			8:30
9:00	Deep Water Fitness		Deep Water Fitness		Deep Water Fitness		1	9:00
5.00	Tieriess		Titiless		1101033			7.00
9:30								9:30
10:00								10:00
10.00	Preschool		Preschool			Swim Lessons		10.00
10:30	Swim Lessons		Swim Lessons					10:30
11:00								11:00
								11.00
11:30								11:30
Noon	-							Noon
Noon								NOON
12:30								12:30
1:00	_							1:00
1.00								1.00
1:30 PM								
2:00	-							2:00
2:00								2:00
2:30								
2:45 3:00	_							3:00
3.00							<u>Laps</u> : lap	3.00
3:30							member	
4:00					1		swimmers of	4.00
4:00		Lanc/Family		Lanc/Earsily			any age.	4:00
4:30	, , , , , , , , , , , , , , , , , , ,	Laps/Family Swim		Laps/Family Swim			<u>Adult</u> - For adult	4:30
5:00	Laps/Family Swim	5.7		3.7.111			members only	5:00
5.00	SWIIII						Family: Open	
5:30		Swim Lessons	Laps/Family	Swim Lessons			swim for all	5:30
5:45 6:00			Swim				members.	6:00
0.00	Swim Lessons	AquaHigh/		AquaHigh/		Children under	6 yrs old must be	0.00
	1 /=	DWF		DWF		within arm's reach	of supervising adult	
7:00	Laps/Family Swim					in the water. Child an adult in the poo	lren 6-7 must have	7:00
7:00	SWIIII			Swim Lessons		deep-end test, wea		7:00
						accompanied by ar	adult within arm's	
8:00						reach in the water. who cannot pass		8:00
0:00						must be accomp	anied by an adult	8:00
						within arm's reach	in the water or wear	
9:00	-					a lifej	acket.	9:00
9.00								5.00