

# ALLYN-RIFORD POOL SCHEDULE

Effective **3/17/2025**

	MON 3/17	TUE 3/18	WED 3/19	THUR 3/20	FRI 3/21	SAT 3/22	SUN 3/23	
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			<b>7:00</b>
<b>7:15</b>								<b>7:30</b>
7:30	Break 7:30-	Laps	Break 7:30-	Laps	Break 7:30-	Laps		7:30
7:45								
<b>8:00</b>	Laps		Laps		Laps			<b>8:00</b>
8:30								<b>8:30</b>
8:45	Break 8:45-9	Aqua HIIT	Break 8:45-9	Aqua HIIT	Break 8:45-9	Swim Lessons (lanes 1, 5&6)/Laps (lanes 2-4)	Laps/Family	<b>9:00</b>
<b>9:00</b>	Break 9-9:15							
9:15	Aquacize	Aqua HIIT	Aquacize	Aqua HIIT	Aquacize/Deep Water Boot Camp	Swim Lessons (lanes 1, 5&6)/Laps (lanes 2-4)	Laps/Family	9:30
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								
<b>11:00</b>	Laps	Laps	Laps	Laps	Laps	Laps/Family (lanes 1-3)/SCUBA (lanes 4-6)		<b>11:00</b>
11:15								
11:30	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Laps/Family (lanes 1-3)/SCUBA (lanes 4-6)		<b>11:45</b>
<b>Noon</b>								
<b>1:00</b>	Laps	Laps	Laps	Laps	Laps			<b>Noon</b>
1:30 PM								
1:45 PM	Laps/Family	Break 1:30-	Laps/Family	Break 1:30-	Laps/Family			<b>1:00</b>
<b>2:00</b>								
2:45 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			<b>1:30</b>
<b>3:00</b>								
3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Laps/Family		<b>2:00</b>
3:30								
3:45 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			2:30 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	Laps/Family		2:45 PM
<b>5:00</b>								
5:45	Stingrays	Stingrays	Stingrays	Stingrays				<b>3:00</b>
<b>6:00</b>								
6:30 PM	Stingrays	Stingrays	Stingrays	Stingrays				<b>3:45 PM</b>
<b>7:00</b>								
<b>7:30</b>								<b>4:00</b>
<b>8:00</b>								
<b>8:30</b>								<b>4:30</b>
<b>9:00</b>								
								<b>5:00</b>
								<b>6:00</b>
								6:30 PM
								<b>7:00</b>
								7:30 PM
								<b>8:00</b>
								<b>8:30</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 **3/17/2025**

	MON 3/17	TUE 3/18	WED 3/19	THUR 3/20	FRI 3/21	SAT 3/22	SUN 3/23	
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	Laps/Family Swim	Laps/Family Swim	Laps/Family Swim	Laps/Family Swim				4:00
4:30								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

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**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.