

ALLYN-RIFORD POOL SCHEDULE

Effective **3/24/2025**

	MON 3/24	TUE 3/25	WED 3/26	THUR 3/27	FRI 3/28	SAT 3/29	SUN 3/30	
9								
5:00	Laps/Masters (Lanes 3-5)		Laps/Masters (Lanes 3-5)		Laps/Masters (Lanes 3-5)			5:00
6:00								6:00
7:00	Laps		Laps		Laps			7:00
7:15								
7:30	Break 7:30-	Laps	Break 7:30-	Laps	Break 7:30-			7:30
7:45						Laps		
8:00	Laps		Laps		Laps			8:00
8:30								8:30
8:45		Break 8:45-9		Break 8:45-9	Break 8:45-9			
9:00	Break 9-9:15		Break 9-9:15		Break 9-9:15	Swim Lessons (lanes 1, 5&6)/Laps (lanes 2-4)		9:00
9:15		Aqua HIIT		Aqua HIIT	Aquacize/Deep Water Boot Camp			9:30
9:30	Aquacize		Aquacize				Laps/Family	10:00
10:00	Break 10-10:15		Break 10-10:15		Break 10-10:15			10:00
10:15		Laps		Laps		Swim Lessons		10:15
11:00	Laps		Laps		Laps			11:00
11:15								
11:30								
11:45	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Laps/Family (lanes 1-3)/SCUBA (lanes 4-6)		
Noon	Laps	Laps	Laps	Laps	Laps			Noon
1:00								1:00
1:30 PM		Break 1:30-		Break 1:30-				1:30
1:45 PM	Laps/Family		Laps/Family		Laps/Family			2:00
2:00		Laps/Family		Laps/Family				2:00
2:45 PM								2:30 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
3:30								3:45 PM
3:45 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			3:45 PM
4:00								4:00
4:30	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5			4:30
5:00					Rental Group			5:00
5:45								6:00
6:00								6:00
6:30 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family				6:30 PM
7:00								7:00
7:30								7:30 PM
8:00								8:00
8:30								9:00
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

EMERSON POOL SCHEDULE

Effective **3/24/2025**

	MON 3/24	TUE 3/25	WED 3/26	THUR 3/27	FRI 3/28	SAT 3/29	SUN 3/30	
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		Swim Lessons	Laps/Family Swim	Swim Lessons				4:30
5:00								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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