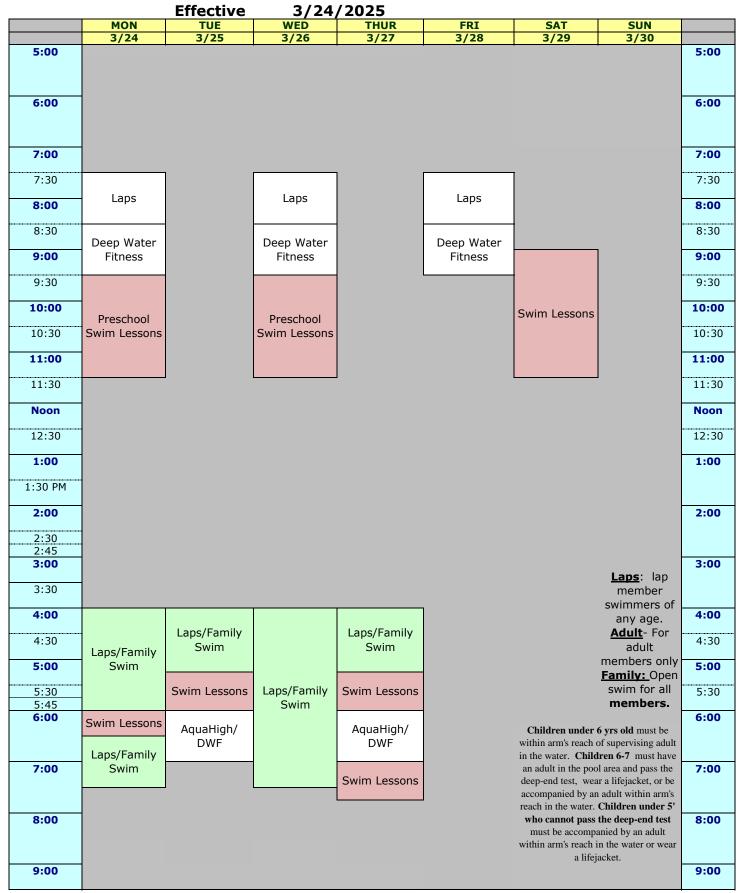
ALLYN-RIFORD POOL SCHEDULE Effective 3/24/2025								
	MON	TUE	WED	THUR	FRI	SAT	SUN	
9	3/24	3/25	3/26	3/27	3/28	3/29	3/30	
5:00	Laps/Masters (Lanes 3-5)		Laps/Masters (Lanes 3-5)		Laps/Masters (Lanes 3-5)			5:00
6:00			Laps		Laps			6:00
7:00 7:15								7:00
7:30 7:45	Break 7:30-	Laps	Break 7:30-	Laps	Break 7:30-	Laps		7:30
8:00	Laps		Laps		Laps	Laps		8:00
8:30 8:45		Break 8:45-9		Break 8:45-9	Break 8:45-9			8:30
9:00	Break 9-9:15		Break 9-9:15		Aquacize/Deep	Swim Lessons		9:00
9:15 9:30	Aquacize	Aqua HiIT	Aquacize	Aqua HiIT	Water Boot Camp	(lanes 1, 5&6)/Laps (lanes 2-4)	Lang/Eamily	9:30
	Break 10-10:15		Break 10-10:15		Break 10-10:15		Laps/Family	10:00
10:15	Laps	Laps	Laps	Laps	Laps	Swim Lessons		10:15
11:00 11:15 11:30						Laps/Family		11:00
11:45	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	(lanes 1-		
Noon	Laps	Laps	Laps	Laps	Laps	3)/SCUBA (lanes 4-6)		Noon
1:00							J	1:00
1:30 PM 1:45 PM		Break 1:30-		Break 1:30-				1:30
2:00	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			2:00 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	Diedk 5-5.15	DIEdk 5-5.15	DIEdk 5-5.15	DIEdk 5-5.15	DIEdk 5-5.15			5:00
3:30 3:45 PM 4:00	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family		Laps: lap member swimmers of	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		any age. <u>Adult</u> - For	4:30
5:00 5:45					Rental Group		adult members only Family: Open swim for all	5:00
6:00							members.	6:00
6:30 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family				6:30 PM
7:00 7:30						be within ar supervising ad	r 6 yrs old must m's reach of ult in the water.	7:00 7:30 PM
8:00						in the pool area a	nust have an adult and pass the deep-	8:00
8:30						accompanied by arm's reach in the	a lifejacket, or be y an adult within e water. Children	
9:00						deep-end t accompanied by	cannot pass the test must be y an adult within e water or wear a	9:00



EMERSON POOL SCHEDULE