

ALLYN-RIFORD POOL SCHEDULE

Effective 4/21/2025

	MON 4/21	TUE 4/22	WED 4/23	THUR 4/24	FRI 4/25	SAT 4/26	SUN 4/27																	
9	4/21	4/22	4/23	4/24	4/25	4/26	4/27																	
5:00	Laps		Laps		Laps			5:00																
6:00								6:00																
7:00								7:00																
7:15								7:30																
7:30	Break 7:30-	Laps	Break 7:30-	Laps	Break 7:30-	Laps		7:30																
7:45	Laps		Laps		Laps			Laps	8:00															
8:00										8:30														
8:30										8:45														
8:45		Break 8:45-9		Break 8:45-9		Break 8:45-9	Break 8:45-9			Swim Lessons (lanes 1, 5&6)/Laps (lanes 2-4)	9:00													
9:00	Break 9-9:15	Break 9-9:15	Aqua HiIT	Aquacize/Deep Water Boot Camp	Laps/Family	9:30																		
9:15	Aquacize	Aqua HiIT	Aquacize	Aqua HiIT		Aquacize/Deep Water Boot Camp	Swim Lessons (lanes 1, 5&6)/Laps (lanes 2-4)	10:00																
9:30								10:15																
10:00								Break 10-10:15	Break 10-10:15	Break 10-10:15	Break 10-10:15	Swim Lessons	11:00											
10:15					Laps			Laps	Laps	Laps	Laps	Laps/Family	11:00											
11:00	Laps	Laps	Laps	Laps		Laps/Family	Noon																	
11:15													Laps	Laps	Laps	Laps	Laps/Family	1:00						
11:30																			Laps	Laps	Laps	Laps	Laps/Family	1:30
11:45					Break 11:45-			Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Laps/Family												
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1:30 PM																		Laps/Family	Break 1:30-	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family
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Laps: lap member swimmers of any age.
Adult- For adult members only
Family: Open swim for all members.

EMERSON POOL SCHEDULE

Effective 4/21/2025

	MON 4/21	TUE 4/22	WED 4/23	THUR 4/24	FRI 4/25	SAT 4/26	SUN 4/27	
5:00								5:00
6:00								6:00
7:00								7:00
7:30	Laps		Laps		Laps			7:30
8:00	Deep Water Fitness		Deep Water Fitness		Deep Water Fitness			8:00
8:30								8:30
9:00								9:00
9:30								9:30
10:00						Swim Lessons		10:00
10:30								10:30
11:00								11:00
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Noon								Noon
12:30								12:30
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3:30								
4:00	Laps/Family Swim	Laps/Family Swim		BTW Rental	BTW Rental			4:00
4:30		Swim Lessons	Laps/Family Swim	Swim Lessons				4:30
5:00		AquaHigh/DWF		AquaHigh/DWF				5:00
5:30								5:30
5:45								
6:00	Swim Lessons			Swim Lessons				6:00
7:00	Laps/Family Swim							7:00
8:00								8:00
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 lifejacket.