

# ALLYN-RIFORD POOL SCHEDULE

Effective 12/3/2018

	MON 12/3	TUE 12/4	WED 12/5	THUR 12/6	FRI 12/7	SAT 12/8	SUN 12/9				
5:00	Laps	Laps	Laps	Laps	Laps	Laps (lanes 1-2)/ AHS Boys Swim Team (lanes 3-6)		5:00			
6:00		Laps (lanes 1-5)/Stingrays (lane 6)	Aqua Boot Camp (lanes 3-6)/ Laps 1-2	Laps (lanes 1-5)/Stingrays (lane 6)				6:00			
7:00 7:30		Laps	Laps	Laps				7:00 7:30			
8:00 8:30		Aqua Physical Therapy	Laps	Aqua Physical Therapy				8:00 8:30			
9:00								9:00			
9:30		HydroSplash /Aquacize	Water Aerobics	Deep Water Challenge /Aquacize				Aqua HIIT/HI-YO	Deep Water Challenge /Aquacize	Lessons	9:30
10:00 10:15		Adult	Adult	Adult				Adult	Adult		10:00 10:15
11:00 11:30 11:45 Noon	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Stingray Swim Meet (not open to members)	Laps/Family	11:00			
1:00 1:30 PM								Coast (not open to members)	Laps and Home School Group	Coast (not open to members)	1:00 1:30
2:00 2:30 PM 2:45 PM								Laps/Family	Laps/Family	Laps/Family	2:00 2:30 PM 2:45 PM
3:00 3:45 PM		Laps (lanes 1-2)/ AHS Boys Swim Team (lanes 3-6)	Laps (lanes 1-2)/ AHS Boys Swim Team (lanes 3-6)	Laps (lanes 1-2)/ AHS Boys Swim Team (lanes 3-6)				Laps (lanes 1-2)/ AHS Boys Swim Team (lanes 3-6)	AHS Swim Meet (not open to members)	<b>Laps:</b> lap member swimmers of any age. <b>Adult-</b> For adult members only <b>Family:</b> Open swim for all members.	3:00 3:45 PM
4:00 4:30 5:00 5:45 6:00		Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team				Stingrays Swim Team	Laps (lanes 1-2)/Stingrays (lanes 3-6)		4:00 4:30 5:00 6:00
6:30 PM											6:30 PM
7:00 7:30 PM	Lessons (1&6)/ Laps (lanes 2-5)	Aqua HIIT/HI-YO (lanes 1-4)/ Masters 5-6	Lessons (1-2)/Stingrays (3-6)	Lessons (6)/Laps (3-5)/Family (1-2)		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	7:00 7:30 PM				
8:00 8:30 9:00	Adult/LG Class	Adult	Adult	Adult/LG Class	Adult		8:00 9:00				

# EMERSON POOL SCHEDULE

Effective **12/3/2018**

	MON	TUE	WED	THUR	FRI	SAT	SUN								
	12/3	12/4	12/5	12/6	12/7	12/8	12/9								
5:00								5:00							
6:00								6:00							
7:00	Adult		Adult		Adult			7:00							
7:30	Deep Water Fitness		Deep Water Fitness		Deep Water Fitness			7:30							
8:00		8:00													
8:30	Deep Water Fitness	Rusty Hinges	Deep Water Fitness	Rusty Hinges	Deep Water Fitness	Lessons		8:30							
9:00							9:00								
9:30	Preschool Lessons	Preschool Lessons	Preschool Lessons	Preschool Lessons	Preschool Lessons			9:30							
10:00					10:00										
10:30					10:30										
11:00	Adult	Adult	Adult	Adult	Preschool Lessons			11:00							
11:30					11:30										
Noon					Adult			Noon							
12:30								12:30							
1:00								1:00							
1:30 PM														Splash Parties	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	Laps/Family	Laps/Family	Laps/Family	Laps/Family	<p><b>Laps:</b> lap member swimmers of any age.  <b>Adult-</b> For adult members only  <b>Family:</b> Open swim for all members.</p> <p><b>Children under 6 yrs old</b> must be within arm's reach of supervising adult in the water. <b>Children 6-7</b> 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. <b>Children under 5' who cannot pass the deep-end test</b> must be accompanied by an adult within arm's reach in the water or wear a lifejacket and have an adult present in the pool area.</p>	4:00								
4:30		4:30													
5:00		Y-Kids							5:00						
5:30	Lessons	Lessons	Lessons	Lessons					5:30						
6:00							6:00								
7:00	Laps/Family	DWF / Aquahigh	Laps/Family	DWF / Aquahigh					7:00						
8:00								8:00							
9:00								9:00							