

# ALLYN-RIFORD POOL SCHEDULE

Effective 1/14/2019

	MON 1/14	TUE 1/15	WED 1/16	THUR 1/17	FRI 1/18	SAT 1/19	SUN 1/20							
5:00	Laps	Laps	Laps	Laps	Laps	AHS Boys Swim Team/ Stingrays		5:00						
6:00		Laps (lanes 1-5)/ Stingrays (lane 6)	Aqua Boot Camp (lanes 5-6)/ Laps (1-4)	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	Laps/Family	Laps/Family	11:00						
1:00 1:30 PM								Coast (not open to members)	Coast (not open to members)	1:00 1:30				
2:00 2:30 PM 2:45 PM								Laps/Family	Laps/Family	Homeschool Group (lanes 1-2)/Laps (3-6)	Ithaca Swim Team Rental (not open to members)	2:00 2:30 PM 2:45 PM		
3:00 3:45 PM								AHS Swim Team (lanes 4-6)/Laps/ Family (1-3)	AHS Boys Swim Team (not open to members)	AHS Boys Swim Team (not open to members)	AHS Boys Swim Team (not open to members)	AHS Boys Swim Team (not open to members)	Laps/Family	3:00 3:45 PM
4:00 4:30								AHS Swim /Stingrays						<b>Laps:</b> lap member swimmers of any age. <b>Adult-</b> For adult members only <b>Family:</b> Open swim for all members.
5:00 5:45	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Laps/Family	5:00 5:45							
6:00 6:30 PM												6:00 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 & 6)/Laps (3-5)	Lessons (1-2)/Masters (5-6)/ Laps (3-4)	Laps/Family	<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'</b> who cannot pass the deep-end test must be accompanied by an adult within arm's reach in the water or wear a		
8:00 8:30	Adult	Adult	Adult	Adult	Adult		8:00 8:30							
9:00													9:00	

# EMERSON POOL SCHEDULE

Effective **1/14/2019**

	MON 1/14	TUE 1/15	WED 1/16	THUR 1/17	FRI 1/18	SAT 1/19	SUN 1/20										
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			8:30									
9:00		9:00															
9:30	Preschool Lessons	Preschool Lessons	Preschool Lessons	Preschool Lessons	Preschool Lessons			9:30									
10:00					Lessons			Lessons	10:00								
10:30					10:30												
11:00	Adult	Adult	Adult	Adult	Preschool Lessons			11:00									
11:30					Adult			11:30									
Noon						Splash Parties	Splash Parties	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						<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>	3:00										
3:30								3:30									
4:00								4:00									
4:30	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family				4:30								
5:00		Y-Kids							5:00								
5:30	Lessons	Lessons	Lessons	Lessons	Laps/Family				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								