

ALLYN-RIFORD POOL SCHEDULE

Effective 4/15/2019

	MON 4/15	TUE 4/16	WED 4/17	THUR 4/18	FRI 4/19	SAT 4/20	SUN 4/21									
5:00	Laps	Laps	Laps	Laps	Laps			5:00								
6:00			Aqua Boot Camp (4-6)/Laps (1-3)					6:00								
7:00 7:30			Aqua Physical Therapy					Laps	Aqua Physical Therapy	Laps	Laps	7:00 7:30				
8:00 8:30		8:00 8:30														
9:00		9:00														
9:30		9:30														
10:00 10:15		HydroSplash /Aquacize	Water Aerobics	Deep Water Challenge /Aquacize				Aqua HIIT/HI-YO	Deep Water Challenge /Aquacize	Lessons	10:00 10:15					
11:00	Adult	Adult	Adult	Adult	Adult	<p>Laps: lap member swimmers of any age.</p> <p>Adult- For adult members only</p> <p>Family: Open swim for all members.</p>	11:00									
11:30 11:45	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family		Laps/Family	<p style="color: magenta;">Closed for Easter</p>	11:00							
Noon									Noon							
1:00 1:30 PM									Coast (not open to members)	Coast (not open to members)	Coast (not open to members)	Coast (not open to members)	Coast (not open to members)	Coast (not open to members)	1:00 1:30	
2:00									2:00							
2:30 PM 2:45 PM									Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	<p>Laps: lap member swimmers of any age.</p> <p>Adult- For adult members only</p> <p>Family: Open swim for all members.</p>	2:30 PM 2:45 PM
3:00																3:00
3:45 PM																3:45 PM
4:00																4:00
4:30																4:30
5:00																5:00
5:45																5:45
6:00																6:00
6:30 PM																6:30 PM
7:00						Lessons (1&2; 5-6) LG Class (3-4)										Laps (1-3) Masters 4-6
8:00	Adult	Adult	Adult	Adult	Adult	<p>Children under 6 yrs old must be within arm's reach of supervising adult in the water.</p> <p>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</p>	8:00									
8:30							8:00									
9:00							9:00									

EMERSON POOL SCHEDULE

Effective **4/15/2019**

	MON 4/15	TUE 4/16	WED 4/17	THUR 4/18	FRI 4/19	SAT 4/20	SUN 4/21		
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									
9:30	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Preschool Lessons			9:30	
10:00									
10:30					Laps/Family			10:30	
11:00	Adult	Adult	Adult	Adult	Preschool Lessons			11:00	
11:30								11:30	
Noon						Splash Parties	Closed for Easter	Noon	
12:30									12:30
1:00									1:00
1:30 PM								1:30 PM	
2:00								2:00	
2:30	School's Out	School's Out	School's Out	School's Out	School's Out			2:30	
2:45									
3:00								3:00	
3:30								3:30	
4:00				Laps/Family				4:00	
4:30								4:30	
5:00								5:00	
5:30								5:30	
6:00	Lessons	Lessons	Lessons	Lessons				6:00	
7:00	Laps/Family	DWF / Aquahigh	Laps/Family	DWF / Aquahigh				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.