

# ALLYN-RIFORD POOL SCHEDULE

Effective 3/16/2020

	MON 3/16	TUE 3/17	WED 3/18	THUR 3/19	FRI 3/20	SAT 3/21	SUN 3/22								
5:00	Laps	Laps	Laps	Laps	CLOSED FOR POOL WORK	CLOSED FOR POOL WORK	CLOSED FOR POOL WORK	5:00							
6:00	Kick It (lanes 4-6)/Laps (lanes 1-3)		Aqua Boot Camp (4-6)/Laps (1-3)					6:00							
7:00	Laps		Laps					Laps	7:00						
7:30		7:30													
8:00		Aqua Physical Therapy (Prescription Required)		Aqua Physical Therapy (Prescription Required)					8:00						
8:30	HydroSplash/ Aquacize	Water Aerobics	Deep Water Challenge /Aquacize	Aqua HIIT				CLOSED FOR POOL WORK	CLOSED FOR POOL WORK	CLOSED FOR POOL WORK	8:30				
9:00											9:00				
9:30											9:30				
10:00	Adult	Adult	Adult	Adult							10:00				
10:15	10:15														
11:00	Laps/Family	Laps/Family	Laps/Family	Laps/Family	CLOSED FOR POOL WORK	CLOSED FOR POOL WORK	CLOSED FOR POOL WORK				11:00				
11:30											11:30				
11:45											11:45				
Noon											Noon				
1:00											1:00				
1:30 PM								1:30							
2:00								Coast Physical Therapy	Coast Physical Therapy	2:00					
2:30 PM								Laps/Family	Laps/Family	Laps/Family	Laps/Family	CLOSED FOR POOL WORK	CLOSED FOR POOL WORK	CLOSED FOR POOL WORK	2:30 PM
2:45 PM															2:45 PM
3:00															3:00
3:45 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family	CLOSED FOR POOL WORK	CLOSED FOR POOL WORK	CLOSED FOR POOL WORK	3:45 PM							
4:00								4:00							
4:30								4:30							
5:00	5:00														
5:45	Laps/Family	Laps/Family	Laps/Family	Laps/Family				CLOSED FOR POOL WORK	CLOSED FOR POOL WORK	CLOSED FOR POOL WORK	5:45				
6:00											6:00				
6:30 PM											6:30 PM				
7:00	Lessons (lanes 1-2 & 5-6)/Laps (lanes 3-4)	Aqua HIIT/Laps (lanes 5&6)	Lessons (lanes 1-2 & 5-6)/Laps (lanes 3-4)	Family (1-2)/Lessons (5-6)/Laps (3-4)							CLOSED FOR POOL WORK	CLOSED FOR POOL WORK	CLOSED FOR POOL WORK	7:00	
7:30														7:30	
8:00	Adult	Adult	Ultimate Water Frisbee League	Adult										CLOSED FOR POOL WORK	CLOSED FOR POOL WORK
8:30					8:30										
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

# EMERSON POOL SCHEDULE

Effective **3/16/2020**

	MON	TUE	WED	THUR	FRI	SAT	SUN	
	3/16	3/17	3/18	3/19	3/20	3/21	3/22	
5:00					Laps			5:00
6:00								6:00
7:00	Adult			Adult	Laps		7:00	
7:30	Deep Water Fitness			Deep Water Fitness			7:30	
8:00			Deep Water Fitness			Laps		8:00
8:30			Deep Water Fitness					Rusty Hinges
9:00	Deep Water Fitness	Rusty Hinges	Deep Water Fitness	Rusty Hinges	Deep Water Fitness	Laps		9:00
9:30					Deep Water Challenge			9:30
10:00								
10:30	Preschool	Preschool	Preschool	Preschool				
11:00					Laps/Family		11:00	
11:30							Adult	Adult
Noon					Laps/Family		Noon	
12:30							12:30	
1:00					Laps/Family		1:00	
1:30 PM							2:00	
2:00					Laps/Family		2:00	
2:30							2:45	
3:00	Laps/Family				Laps/Family		3:00	
3:30							School's Out	3:30
4:00	Laps/Family		Laps/Family		Laps/Family		4:00	
4:30							Y-Kids	Laps/Family
5:00	Laps/Family		Laps/Family		Laps/Family		5:00	
5:30							Laps/Family	5:30
6:00	Lessons	Lessons	Lessons	Lessons	Laps/Family		6:00	
7:00							Laps/Family	
7:30					LG In-Service	DWF / Aquahigh		
8:00					Laps/Family		8:00	
8:30							Laps/Family	
9:00					Laps/Family			
9:30								

**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.