

ALLYN-RIFORD POOL SCHEDULE

Effective **10/4/2021**

	MON 10/4	TUE 10/5	WED 10/6	THUR 10/7	FRI 10/8	SAT 10/9	SUN 10/10	
5:00								5:00
6:00								6:00
7:00	Reserved Laps	Reserved Laps	Reserved Laps	Reserved Laps	Reserved Laps	Reserved Laps/AHS Swim Team		7:30
7:30								7:30
8:00								8:00
8:30								8:30
9:00	Aquacize	Aqau HiIT	Aquacize	Aqua Blast w/ Weights	Aquacize/ Deep Water Challenge			9:00
9:30								9:30
10:00	Reserved Laps	Reserved Laps	Reserved Laps	Reserved Laps	Reserved Laps	Swim Lessons		10:15
10:15								10:15
11:00								11:00
11:30								
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								2:30 PM
2:45 PM								2:45 PM
3:00	Reserved Laps (lanes 1-3)/AHS Girls Swim Team (lanes 4-6)	Reserved Laps (lanes 1-3)/AHS Girls Swim Team (lanes 4-6)	AHS Girls Swim Meet	Reserved Laps (lanes 1-3)/AHS Girls Swim Team (lanes 4-6)	Reserved Laps (lanes 1-3)/AHS Girls Swim Team (lanes 4-6)			3:45 PM
3:45 PM								3:45 PM
4:00								4:00
4:30								4:30
5:00	Stingrays	Stingrays	Stingrays	Stingrays	Reserved Laps/Family			5:00
5:45								5:00
6:00								6:00
6:30 PM								6:30 PM
7:00								7:00
7:30								7:30 PM
8:00								8:00
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 **10/4/2021**

	MON 10/4	TUE 10/5	WED 10/6	THUR 10/7	FRI 10/8	SAT 10/9	SUN 10/10	
5:00								5:00
6:00								6:00
7:00								7:00
7:30								7:30
8:00	Adult		Adult		Adult			8:00
8:30	Deep Water Fitness		Deep Water Fitness		Deep Water Fitness			8:30
9:00			Baby Fit Clas					9:00
9:30								9:30
10:00	Adult		Adult		Adult			10:00
10:30						Swim Lessons		10:30
11:00								11:00
11:30								11:30
Noon								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								3:00
3:30								3:30
4:00	Reserved Laps/Family	Reserved Laps/Family		Reserved Laps/Family				4:00
4:30								4:30
5:00	Swim Lessons							5:00
5:30								5:30
6:00	Reserved Laps/Family	DWF/Aqua High		DWF/Aqua High				6:00
7:00	Lifeguard In-Service	Reserved Laps/Family		Reserved Laps/Family				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.