

# ALLYN-RIFORD POOL SCHEDULE

Effective **11/22/2021**

	MON 11/22	TUE 11/23	WED 11/24	THUR 11/25	FRI 11/26	SAT 11/27	SUN 11/28	
5:00								5:00
6:00								6:00
7:00	Reserved Laps	Reserved Laps	Reserved Laps	GLOW Aqua HiIT	Reserved Laps	Reserved Laps (lanes 1-3)/AHS Boys Swim Team (lanes 4-6)		7:30
8:00								8:30
9:00								9:30
10:00	Aquacize	Aqua HiIT	Aquacize	Reserved Laps/Family	Aquacize	Swim Lessons		10:00
10:15								10:15
11:00	Reserved Laps	Reserved Laps	Reserved Laps		Reserved Laps	Reserved Laps/Family		11:30
11:45								11:45
Noon								Noon
1:00								1:00
1:30 PM		COAST PHYSICAL THERAPY						1:30
2:00								2:00
2:30 PM								2:30 PM
2:45 PM								2:45 PM
3:00	Reserved Laps (lanes 1-3)/AHS Boys Swim Team (lanes 4-6)	Reserved Laps (lanes 1-3)/AHS Boys Swim Team (lanes 4-6)	Reserved Laps (lanes 1-3)/AHS Boys Swim Team (lanes 4-6)	Closed for Thanksgiving	Reserved Laps (lanes 1-3)/AHS Boys Swim Team (lanes 4-6)			3:00
3:45 PM								3:45 PM
4:00								4:00
4:30					Reserved Laps/Family			4:30
5:00	Stingrays	Stingrays	Reserved Laps/Family					5:00
5:45								5:45
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								
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 **11/22/2021**

	MON 11/22	TUE 11/23	WED 11/24	THUR 11/25	FRI 11/26	SAT 11/27	SUN 11/28	
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								9:00
9:30								9:30
10:00	Adult		Reserved Laps/Family		Reserved Laps/Family	Swim Lessons		10:00
10:30								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						4:00
4:30	Reserved Laps/Stingray	Reserved Laps/Stingray						4:30
5:00	Swim Lessons	Reserved Laps/Family						5:00
5:30								5:30
6:00	Reserved Laps/Family	DWF/Aqua High						6:00
7:00		Reserved Laps/Family						7:00
8:00								8:00
9:00								9:00

Closed for Thanksgiving

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**Family:** Open swim for all members.

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