

# ALLYN-RIFORD POOL SCHEDULE

Effective **1/10/2022**

	MON 1/10	TUE 1/11	WED 1/12	THUR 1/13	FRI 1/14	SAT 1/15	SUN 1/16	
9								
<b>5:00</b>	Reserved Laps	Reserved Laps	Reserved Laps	Reserved Laps	Reserved Laps	Reserved Laps (lanes 1-3)/AHS Swim Team (lanes 4-6)	Reserved Laps/Family	<b>5:00</b>
<b>6:00</b>								<b>6:00</b>
<b>7:00</b> 7:30								<b>7:00</b> 7:30
<b>8:00</b> 8:30								<b>8:00</b> 8:30
<b>9:00</b> 9:30	Aquacize	Aqua HiIT	Aquacize	Aqua Blast w/ Weights	Aquacize	Swim Lessons	Reserved Laps/Family	<b>9:00</b> 9:30
<b>10:00</b> 10:15	Reserved Laps	Reserved Laps	Reserved Laps	Reserved Laps	Stingrays Swim Meet			<b>10:00</b> 10:15
<b>11:00</b> 11:30 11:45								<b>11:00</b> 11:30 11:45
<b>Noon</b>								<b>Noon</b>
<b>1:00</b> 1:30 PM						<b>1:00</b> 1:30		
<b>2:00</b> 2:30 PM 2:45 PM		COAST PHYSICAL THERAPY		COAST PHYSICAL THERAPY				<b>2:00</b> 2:30 PM 2:45 PM
<b>3:00</b> 3:45 PM	AHS Swim Team	Reserved Laps (lanes 1-3)/AHS Swim Team (lanes 4-6)	AHS Swim Team	AHS Swim Team	Reserved Laps (lanes 1-3)/AHS Swim Team (lanes 4-6)	Reserved Laps/Family	Reserved Laps/Family	<b>3:00</b> 3:45 PM
<b>4:00</b> 4:30								<b>4:00</b> 4:30
<b>5:00</b> 5:45 6:00	Stingrays	Stingrays	Stingrays	Stingrays	Stingrays	Reserved Laps/Family	Reserved Laps/Family	<b>5:00</b> 5:45 6:00
<b>6:00</b> 6:30 PM								<b>6:00</b> 6:30 PM
<b>7:00</b> 7:30								<b>7:00</b> 7:30 PM
<b>8:00</b> 8:30 9:00								<b>8:00</b> 8:30 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 **1/10/2022**

	MON	TUE	WED	THUR	FRI	SAT	SUN	
	1/10	1/11	1/12	1/13	1/14	1/15	1/16	
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	Reserved Laps/Family		Reserved Laps/Family		Reserved Laps/Family			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						Reserved Laps/Family		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		DWF/Aqua High		DWF/Aqua High				6:00
7:00	Reserved Laps/Family	Reserved Laps/Family		Swim Lessons				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.