

ALLYN-RIFORD POOL SCHEDULE

Effective **1/17/2022**

	MON 1/17	TUE 1/18	WED 1/19	THUR 1/20	FRI 1/21	SAT 1/22	SUN 1/23	
9								
5:00	Reserved Laps	Reserved Laps	Reserved Laps	Reserved Laps	Reserved Laps	Reserved Laps (lanes 1-3)/AHS Swim Team (lanes 4-6)	Reserved Laps/Family	5:00
6:00								6:00
7:00 7:30								7:00 7:30
8:00 8:30								8:00 8:30
9:00 9:30	Aquacize	Aqua HiIT	Aquacize	Aqua Blast w/ Weights	Aquacize	Swim Lessons	Reserved Laps/Family	9:00 9:30
10:00 10:15	Reserved Laps	Reserved Laps	Reserved Laps	Reserved Laps	Reserved Laps			Reserved Laps/Family
11:00 11:30 11:45						11:00 11:30 11:45		
Noon						Noon		
1:00 1:30 PM						1:00 1:30		
2:00 2:30 PM 2:45 PM		COAST PHYSICAL THERAPY		COAST PHYSICAL THERAPY				2:00 2:30 PM 2:45 PM
3:00 3:45 PM	AHS Swim Team	AHS Swim Team	Reserved Laps (lanes 1-3)/AHS Swim Team (lanes 4-6)	AHS Swim Team	Reserved Laps (lanes 1-3)/AHS Swim Team (lanes 4-6)	AHS Swim Team Meet	Laps: lap member swimmers of any age. Adult- For adult members only Family: Open swim for all members.	3:00 3:45 PM
4:00 4:30								4:00 4:30
5:00 5:45	Stingrays	Stingrays	Stingrays	Stingrays	Stingrays			5:00 5:45
6:00 6:30 PM								6:00 6:30 PM
7:00 7:30								7:00 7:30 PM
8:00 8:30								8:00 8:30
9:00								9:00

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 **1/17/2022**

	MON 1/17	TUE 1/18	WED 1/19	THUR 1/20	FRI 1/21	SAT 1/22	SUN 1/23	
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								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.