

ALLYN-RIFORD POOL SCHEDULE

Effective **9/19/2022**

	MON 9/12	TUE 9/13	WED 9/14	THUR 9/15	FRI 9/16	SAT 9/17	SUN 9/18						
9													
5:00	Reserved Laps	Reserved Laps	Reserved Laps	Reserved Laps	Reserved Laps			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			9:00 9:30					
10:00 10:15	Reserved Laps	Reserved Laps	Reserved Laps	Reserved Laps	Reserved Laps					10:00 10:15			
11:00 11:30 11:45 Noon						11:00 11:30 11:45 Noon							
1:00 1:30 PM						Open Laps/Family		Open Laps/Family		Open Laps/Family			1:00 1:30 PM
2:00 2:30 PM 2:45 PM													
3:00 3:45 PM	Open Laps/Family	Open Laps/Family	Open Laps/Family	Open Laps/Family	Open Laps/Family			3:00 3:45 PM					
4:00 4:30		Open Laps/Family						Open Laps/Family	Open Laps/Family	Open Laps/Family			4:00 4:30
5:00 5:45 6:00 6:30 PM	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team			5:00 5:45 6:00 6:30 PM					
7:00 7:30								7:00 7:30 PM					
8:00 8:30 9:00								8:00 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 **9/19/2022**

	MON	TUE	WED	THUR	FRI	SAT	SUN	
	9/12	9/13	9/14	9/15	9/16	9/17	9/18	
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						Swim Lessons		9:00
9:30								9:30
10:00								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								4:00
4:30								4:30
5:00	Laps/Family	Swim Lessons	Laps/Family	Swim Lessons				5:00
5:30								5:30
6:00	Swim Lessons	Deep Water Fitness/ Aquacize	Swim Lessons	Deep Water Fitness/ Aquacize				6:00
7:00	Laps/Family	Laps/Family	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.