

ALLYN-RIFORD POOL SCHEDULE

Effective **9/26/2022**

	MON 9/26	TUE 9/27	WED 9/28	THUR 9/29	FRI 9/30	SAT 10/1	SUN 10/2
9							
5:00							5:00
6:00							6:00
7:00	Reserved Laps	Reserved Laps	Reserved Laps	Reserved Laps	Reserved Laps		7:00
7:30							7:30
8:00						8:00	
8:30						8:30	
9:00	Aquacize	Aqua HiIT	Aquacize	Aqua Blast w/ Weights	Aquacize	9:00	9:00
9:30						9:30	
10:00	Reserved Laps	Reserved Laps	Reserved Laps	Reserved Laps	Reserved Laps	10:00	10:00
10:15							10:15
11:00						11:00	
11:30						11:30	
11:45						11:45	11:45
Noon						Noon	Noon
1:00	Open Laps/Family	Open Laps/Family	Open Laps/Family	Open Laps/Family	Open Laps/Family		1:00
1:30 PM				1:30			
2:00		2:00					
2:30 PM		2:30 PM					
2:45 PM		2:45 PM				2:45 PM	2:45 PM
3:00		Open Laps/Family		Open Laps/Family		3:00	3:00
3:45 PM		Open Laps/Family		Open Laps/Family		3:45 PM	3:45 PM
4:00							4:00
4:30							4:30
5:00	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team		5:00
5:45							5:45
6:00						6:00	
6:30 PM						6:30 PM	
7:00						7:00	7:00
7:30						7:30	7:30
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 **9/26/2022**

	MON 9/26	TUE 9/27	WED 9/28	THUR 9/29	FRI 9/30	SAT 10/1	SUN 10/2	
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						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								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	Lifeguard In- Service	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.