

ALLYN-RIFORD POOL SCHEDULE

Effective **11/21/2022**

	MON 11/21	TUE 11/22	WED 11/23	THUR 11/24	FRI 11/25	SAT 11/26	SUN 11/27				
9											
5:00	Reserved Laps	Reserved Laps	Reserved Laps	Glow Aqua HiIT	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	Reserved Laps	Aquacize	Reserved Laps	Swim Lessons	9:00 9:30			
10:00 10:15	Reserved Laps	Reserved Laps	Reserved Laps		Reserved Laps	Reserved Laps		Open Laps/Family	Open Laps/Family	10:00 10:15	
11:00 11:30 11:45 Noon										11:00 11:30 11:45 Noon	
1:00 1:30 PM										1:00 1:30	
2:00 2:30 PM 2:45 PM				2:00 2:30 PM 2:45 PM							
3:00 3:45 PM	Open Laps/Family	Open Laps/Family	Open Laps/Family	Laps (1-2)/AHS Swim Team (lanes 3-6)	Laps (1-2)/AHS Swim Team (lanes 3-6)	Laps (1-2)/AHS Swim Team (lanes 3-6)	Laps (1-2)/AHS Swim Team (lanes 3-6)	3:00 3:45 PM			
4:00 4:30	Open Laps/Family	Open Laps/Family	Open Laps/Family		Open Laps/Family			Open Laps/Family	Open Laps/Family	Open Laps/Family	4:00 4:30
5:00 5:45	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team		Stingrays Swim Team			Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	5:00 5:45
6:00 6:30 PM											6:00 6:30 PM
7:00 7:30				7:00 7:30							
8:00 8:30				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 **11/21/2022**

	MON 11/21	TUE 11/22	WED 11/23	THUR 11/24	FRI 11/25	SAT 11/26	SUN 11/27	
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	Preschool Swim Lessons		School's Out			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	Laps/Family	Laps/Family	Laps/Family	Closed for Thanksgiving				4:00
4:30								4:30
5:00								5:00
5:30								5:30
6:00	Swim Lessons	Deep Water Fitness/ Aquacize	Swim Lessons	Closed for Thanksgiving				6:00
7:00	Laps/Family	Swim Lessons	Laps/Family					7:00
8:00								8:00
9:00								9:00

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