

ALLYN-RIFORD POOL SCHEDULE

Effective **1/23/2023**

	MON 1/23	TUE 1/24	WED 1/25	THUR 1/26	FRI 1/27	SAT 1/28	SUN 1/29	
9								
5:00	Reserved Laps/Master		Reserved Laps/Master		Reserved Laps/Master			5:00
6:00								6:00
7:00	Reserved Laps	Reserved Laps	Reserved Laps	Reserved Laps	Reserved Laps	Laps (1-2)/AHS Swim Team (lanes 3-6)		7:00
7:30								7:30
8:00								8:00
8:30							Open Laps/Family	8:30
9:00	9:00							
9:30	Aquacize	Aqua HiIT	Aquacize	Aqua HiIT	Aquacize	Swim Lessons		9:30
10:00	Reserved Laps	Reserved Laps	Reserved Laps	Reserved Laps	Reserved Laps			10:00
10:15								10:15
11:00								11:00
11:30								11:30
11:45						Open Laps/Family		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						
3:00	Open Laps/Family	Open Laps/Family	Open Laps/Family	Open Laps/Family	Open Laps/Family	Open Laps/Family	Open Laps/Family	3:00
3:45 PM	AHS Swim Teams	AHS Swim Teams	AHS Swim Teams	AHS Swim Teams	AHS Swim Teams			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
7:30	7:30 PM							
8:00						<p>Children under 6 yrs old must be within arm's reach of supervising adult in the water.</p> <p>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</p>	8:00	
8:30	8:30							
9:00	9:00							
9:00	9:00							

Laps: lap member swimmers of any age.
Adult- For adult members only
Family: Open swim for all members.

EMERSON POOL SCHEDULE

Effective **1/23/2023**

	MON 1/23	TUE 1/24	WED 1/25	THUR 1/26	FRI 1/27	SAT 1/28	SUN 1/29	
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	Open Laps/Family		Open Laps/Family		Open Laps/Family	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		Open Laps/Family		Open Laps/Family				4:00
4:30	Laps/Family		Laps/Family		Laps/Family			4:30
5:00		Swim Lessons			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	Swim Lessons/Lap Swim	Lifeguard In-Service	Swim Lessons/Lap Swim				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.