

ALLYN-RIFORD POOL SCHEDULE

Effective **1/16/2023**

	MON 1/16	TUE 1/17	WED 1/18	THUR 1/19	FRI 1/20	SAT 1/21	SUN 1/22		
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)		7:30	
8:00								8:30	
9:00								9:30	
10:00	Reserved Laps	Reserved Laps	Reserved Laps	Reserved Laps	Reserved Laps	Swim Lessons		10:15	
11:00								11:30	
11:45								11:45	
Noon								Noon	
1:00	Open Laps/Family	Open Laps/Family	Open Laps/Family	Open Laps/Family	Open Laps/Family	Closed for Stingrays Swim Meet		1:00	
1:30 PM				1:30					
2:00		Coast Physical Therapy		Coast Physical Therapy				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			3:00	
3:45 PM	AHS Swim Teams	AHS Swim Teams	Laps (1-2)/AHS Swim	AHS Swim Teams	AHS Swim Teams			3:45 PM	
4:00			AHS Swim Teams					AHS Swim Teams	4:00
4:30	Stingrays Swim Team	Stingrays Swim Team	AHS Swim Teams	Stingrays Swim Team	Stingrays Swim Team			4:30	
5:00			Open Laps/Family					5:00	
5:45									
6:00									6:00
6:30 PM									6:30 PM
7:00			Stingrays Swim Team					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	

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

EMERSON POOL SCHEDULE

Effective **1/16/2023**

	MON 1/16	TUE 1/17	WED 1/18	THUR 1/19	FRI 1/20	SAT 1/21	SUN 1/22	
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	Open Laps/Family		Open Laps/Family		Open Laps/Family			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	Open Laps/Family	Laps/Family	Open Laps/Family	BTW Group			4:00
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		Laps/Family	Swim Lessons/Lap Swim		
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.