

ALLYN-RIFORD POOL SCHEDULE

Effective **3/13/2023**

	MON 3/13	TUE 3/14	WED 3/15	THUR 3/16	FRI 3/17	SAT 3/18	SUN 3/19																	
9																								
5:00	Laps/Masters (lanes 3-5)		Laps/Masters (lanes 3-5)		Laps/Masters (lanes 3-5)	Laps/Family	Laps/Family	5:00																
6:00								6:00																
7:00	Laps		Laps		Laps			Laps/Family	Laps/Family	7:00														
7:15										7:30														
7:30	Break 7:30-		Break 7:30-		Break 7:30-					Laps/Family	Laps/Family	7:30												
7:45	Laps		Laps		Laps							Laps/Family	Laps/Family	8:00										
8:00														8:30										
8:30	Laps		Laps		Laps									Laps/Family	Laps/Family	8:30								
8:45																Break 8:45-9		Break 8:45-9		Break 8:45-9	Laps/Family	Laps/Family	9:00	
9:00	Break 9-9:15		Break 9-9:15		Break 9-9:15											Laps/Family	Laps/Family	9:30						
9:15	Aquaize	Aqua HiIT	Aquaize	Aqua HiIT	Aquaize	Laps/Family	Laps/Family											9:30						
9:30																		10:00						
10:00	Break 10-10:15		Break 10-10:15		Break 10-10:15			Laps/Family	Laps/Family									10:00						
10:15	Laps		Laps		Laps													Laps/Family	Laps/Family	10:15				
11:00										11:00														
11:15	Laps		Laps		Laps					Laps/Family	Laps/Family	11:00												
11:30												Break 11-								Break 11-				Break 11-
11:45	Break 11:45-		Break 11:45-		Break 11:45-							Laps/Family	Laps/Family	Noon										
Noon	Laps		Laps		Laps									Laps/Family	Laps/Family					Noon				
1:00																1:00								
1:30 PM	Laps/Family	Laps/Family	Laps/Family		Laps/Family	Laps/Family	Laps/Family									1:00								
1:45 PM																Break 1:30-				Break 1:30-		Break 1:30-	Laps/Family	Laps/Family
2:00	Laps/Family	Laps/Family	Laps/Family	Coast Physical Therapy	Laps/Family			Laps/Family	Laps/Family							2:00								
2:45 PM																Break 2:45-3		Break 2:45-3		Break 2:45-3	Laps/Family	Laps/Family		
3:00	Laps/Family	Laps/Family	Laps/Family		Laps/Family											Laps/Family	Laps/Family	2:45 PM						
3:15										Break 3:15-								Break 3:15-		Break 3:15-				
3:30	Laps/Family	Laps/Family	Laps/Family		Laps/Family					Laps/Family	Laps/Family							3:45 PM						
3:45 PM												Break 3:15-						Break 3:15-		Break 3:15-				
4:00	Laps/Family	Laps/Family	Laps/Family		Laps/Family							Laps/Family	Laps/Family	4:00										
4:30														4:30										
5:00						Laps/Family	Laps/Family							5:00										
5:45														Stingrays Swim Team	Stingrays Swim Team			Stingrays Swim Team	Stingrays Swim Team	Laps/Family			Laps/Family	Laps/Family
6:00	6:00																							
6:30 PM	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Laps/Family			Laps/Family	Laps/Family					6:30 PM										
7:00														7:00										
7:30														Laps/Family	Laps/Family	7:30								
8:00										8:00														
8:30										Laps/Family	Laps/Family					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 **3/13/2023**

	MON 3/13	TUE 3/14	WED 3/15	THUR 3/16	FRI 3/17	SAT 3/18	SUN 3/19	
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	Preschool Swim Lessons		Preschool Swim Lessons		Laps/Family			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	Laps/Family	Laps/Family	Laps/Family	Laps/Family				4:00
4:30								4:30
5:00								5:00
5:30								5:30
5:45	Break 5:45-6	Break 5:45-6	Break 5:45-6	Break 5:45-6				5:45
6:00	Lifeguard In-Service	Deep Water Fitness/ Aquacize		Deep Water Fitness/ Aquacize				6:00
7:00	Laps/Family	Laps/Family	Laps/Family	Laps/Family				7:00
8:00								8:00
9:00								9:00

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