

ALLYN-RIFORD POOL SCHEDULE

Effective **5/22/2023**

	MON 5/22	TUE 5/23	WED 5/24	THUR 5/25	FRI 5/26	SAT 5/27	SUN 5/28		
9									
5:00	Laps/Masters (lanes 3-5)		Laps/Masters (lanes 3-5)		Laps/Masters (lanes 3-5)	Laps/Family	CLOSED FOR MEMORIAL DAY	5:00	
6:00								6:00	
7:00	Laps		Laps		Laps			7:00	
7:15								7:30	
7:30	Break 7:30-	Laps	Break 7:30-	Laps	Break 7:30-				
7:45									
8:00	Laps		Laps		Laps			8:00	
8:30								8:30	
8:45		Break 8:45-9		Break 8:45-9					
9:00	Break 9-9:15		Break 9-9:15		Break 9-9:15			9:00	
9:15	Aquacize	Aqua HiIT	Aquacize	Aqua HiIT	Aquacize			9:30	
9:30									
10:00	Break 10-10:15		Break 10-10:15	Laps	Break 10-10:15			10:00	
10:15	Laps	Laps	Laps	LG Class (lanes 1-2)/Laps (lanes 3-6)	Laps			10:15	
11:00						11:00			
11:15									
11:30									
11:45	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-				
Noon	Laps	Laps	Laps	Laps	Laps	Noon			
1:00	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	1:00			
1:30 PM		Break 1:30-		Break 1:30-		Laps/Family	1:30		
1:45 PM		Coast Physical Therapy		Coast Physical Therapy			2:00		
2:00		Break 2:45-3		Break 2:45-3		Break 3:15-	2:30 PM		
2:45 PM							2:45 PM		
3:00	Break 3:15-		Break 3:15-	Laps/Family	3:00				
3:15					3:45 PM				
3:30	Laps/Family	Laps/Family	Laps/Family		BTW Rental	4:00			
3:45 PM									4:30
4:00									5:00
4:30									
5:00				Break 5-5:15					
5:45		Laps (lanes 1-3)/Stingrays (lanes 4-6)	Laps (lanes 3-6)/LG Class (lanes 1-2)	Laps (lanes 1-3)/Stingrays (lanes 4-6)		6:00			
6:00									
6:30 PM	Break 6:30-6:45	Break 6:30-6:45	Break 6:30-6:45	Laps/Family		6:30 PM			
7:00	Laps/Family	Laps/Family	Laps/Family			7:00			
7:30						7:30 PM			
8:00						8:00			
8:30									
9:00						9:00			

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.

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

EMERSON POOL SCHEDULE

Effective **5/22/2023**

	MON 5/22	TUE 5/23	WED 5/24	THUR 5/25	FRI 5/26	SAT 5/27	SUN 5/28							
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														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	<p>Laps: lap member swimmers of any age. Adult- For adult members only Family: Open swim for all members.</p> <p>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.</p>		4:00							
4:30							4:30							
5:00								5:00						
5:30								5:30						
5:45	Break 5:45-6	Break 5:45-	Break 5:45-6	Break 5:45-6				5:45						
6:00	Laps/Family	Deep Water Fitness/ Aquacize	Laps/Family	Deep Water Fitness/ Aquacize				6:00						
7:00		Laps/Family		Laps/Family				7:00						
8:00								8:00						
9:00								9:00						