

# ALLYN-RIFORD POOL SCHEDULE

Effective **5/29/2023**

	MON 5/29	TUE 5/30	WED 5/31	THUR 6/1	FRI 6/2	SAT 6/3	SUN 6/4	
9								
5:00	CLOSED	Laps	Laps	Laps	Laps	Laps/Family	Laps/Family	5:00
6:00								6:00
7:00								7:00
7:15								7:30
7:30	Break 7:30-	Laps	Break 7:30-	Laps	Break 7:30-			7:30
7:45	CLOSED	Laps	Laps	Laps	Laps			8:00
8:00								8:30
8:30								8:30
8:45	Break 8:45-9	Break 8:45-9	Break 8:45-9	Break 8:45-9	Break 8:45-9			9:00
9:00	Break 9-9:15	Aqua HiIT	Aquacize	Aqua HiIT	Aquacize			9:30
9:15	ENJOY YOUR MEMORIAL DAY	Laps	Laps	Laps	Laps	10:00		
9:30						10:00		
10:00						10:15		
10:15						11:00		
11:00	Break 10-10:15	Break 10-10:15	Break 10-10:15	Break 10-10:15	Break 10-10:15	11:00		
11:15	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	10:00		
11:30						10:15		
11:45						11:00		
Noon	Laps	Laps	Laps	Laps	Laps	Noon		
1:00	CLOSED FOR MEMORIAL DAY	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		Break 3:15-		Break 3:15-		3:00		
3:00		Laps/Family		Laps/Family		Laps/Family	Laps/Family	3:45 PM
3:15	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)	Laps/Family	Laps/Family	4:00		
3:30						4:30		
3:45 PM						5:00		
4:00						5:45		
4:30	Break 6:30-6:45	Break 6:30-6:45	Break 6:30-6:45	Break 6:30-6:45	Break 6:30-6:45	6:00		
5:00	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	6:30 PM		
5:45	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	7:00		
6:00						7:30		
6:30 PM						8:00		
7:00						8:30		
7:30	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	8:00		
8:00						9:00		
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 lifejacket.

# EMERSON POOL SCHEDULE

Effective **5/29/2023**

	MON 5/29	TUE 5/30	WED 5/31	THUR 6/1	FRI 6/2	SAT 6/3	SUN 6/4	
5:00								5:00
6:00								6:00
7:00								7:00
7:30								7:30
8:00								8:00
8:30								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								3:00
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5:00								5:00
5:30								5:30
5:45								5:45
6:00								6:00
7:00								7:00
8:00								8:00
9:00								9:00

CLOSED  
  
ENJOY!

Adult  
  
Deep Water  
Fitness

Adult  
  
Deep Water  
Fitness

CLOSED

Laps/Family

Laps/Family

Laps/Family

MEMORIAL  
DAY

Deep Water  
Fitness/  
Aquacize  
  
Laps/Family

Laps/Family

Deep Water  
Fitness/  
Aquacize  
  
Laps/Family

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**Family:** Open swim for all members.

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