

# ALLYN-RIFORD POOL SCHEDULE

Effective **9/25/2023**

|         | MON<br>9/25                         | TUE<br>9/26            | WED<br>9/27                         | THUR<br>9/28           | FRI<br>9/29                         | SAT<br>9/30              | SUN<br>10/1 |         |
|---------|-------------------------------------|------------------------|-------------------------------------|------------------------|-------------------------------------|--------------------------|-------------|---------|
| 9:00    |                                     |                        |                                     |                        |                                     |                          |             |         |
| 5:00    |                                     |                        |                                     |                        |                                     |                          |             | 5:00    |
| 6:00    | Laps/Masters (lanes 4&5)            |                        | Laps/Masters (lanes 4&5)            |                        | Laps/Masters (lanes 4&5)            |                          |             | 6:00    |
| 7:00    | Laps                                |                        | Laps                                |                        | Laps                                |                          |             | 7:00    |
| 7:15    |                                     |                        |                                     |                        |                                     |                          |             |         |
| 7:30    | Break 7:30-                         |                        | Break 7:30-                         | Laps                   | Break 7:30-                         |                          |             | 7:30    |
| 7:45    | Laps                                |                        | Laps                                |                        | Laps                                |                          |             |         |
| 8:00    | Deep Water Fitness (lanes 1-2)/Laps |                        | Deep Water Fitness (lanes 1-2)/Laps |                        | Deep Water Fitness (lanes 1-2)/Laps |                          |             | 8:00    |
| 8:30    |                                     |                        |                                     |                        |                                     |                          |             | 8:30    |
| 8:45    |                                     | Break 8:45-9           |                                     | Break 8:45-9           |                                     |                          |             |         |
| 9:00    | Aquacize                            | Aqua HiIT              | Aquacize                            | Aqua HiIT              | Aquacize/Deep Water Boot Camp       |                          |             | 9:00    |
| 9:15    |                                     |                        |                                     |                        |                                     |                          |             |         |
| 9:30    |                                     |                        |                                     |                        |                                     | Lessons (1-3)/Laps (4-6) | Laps/Family | 9:30    |
| 10:00   | Break 10-10:15                      |                        | Break 10-10:15                      |                        | Break 10-10:15                      |                          |             | 10:00   |
| 10:15   |                                     |                        |                                     |                        |                                     |                          |             | 10:15   |
| 11:00   | Laps                                | Laps                   | Laps                                | Laps                   | Laps                                | Swim Lessons             |             | 11:00   |
| 11:15   |                                     |                        |                                     |                        |                                     |                          |             |         |
| 11:30   |                                     |                        |                                     |                        |                                     |                          |             |         |
| 11:45   | Break 11:45-                        | Break 11:45-           | Break 11:45-                        | Break 11:45-           | Break 11:45-                        | Laps/Family              |             |         |
| Noon    | Laps                                | Laps                   | Laps                                | Laps                   | Laps                                |                          |             | Noon    |
| 1:00    |                                     | Laps/Family            |                                     | Laps/Family            |                                     |                          |             | 1:00    |
| 1:30 PM |                                     | Break 1:30-            |                                     | Break 1:30-            |                                     |                          |             | 1:30    |
| 1:45 PM | Laps/Family                         | Coast Physical Therapy | Laps/Family                         | Coast Physical Therapy | Laps/Family                         |                          |             | 2:00    |
| 2:00    |                                     |                        |                                     |                        |                                     |                          |             | 2:00    |
| 2:45 PM |                                     | Break 2:45-3           |                                     | Break 2:45-3           | Break 2:45-3                        |                          |             | 2:45 PM |
| 3:00    |                                     |                        |                                     |                        |                                     |                          |             | 3:00    |
| 3:15    | Break 3:15-                         |                        | Break 3:15-                         |                        |                                     |                          |             |         |
| 3:30    |                                     | Laps/Family            |                                     | Laps/Family            |                                     |                          |             | 3:30    |
| 3:45 PM |                                     |                        |                                     |                        |                                     |                          |             | 3:45 PM |
| 4:00    | Laps/Family                         |                        | Laps/Family                         |                        | Laps/Family                         |                          |             | 4:00    |
| 4:30    |                                     | Break 4:45-5           |                                     | Break 4:45-5           |                                     |                          |             | 4:30    |
| 5:00    | Stingrays Clinic                    | Stingrays Clinic       | Stingrays Clinic                    | Stingrays Clinic       |                                     |                          |             | 5:00    |
| 5:45    |                                     |                        |                                     |                        |                                     |                          |             |         |
| 6:00    | Break 6:-6:15                       |                        | Break 6:-6:15                       |                        |                                     |                          |             | 6:00    |
| 6:30 PM | Laps/Family                         |                        |                                     |                        |                                     |                          |             | 6:30 PM |
| 7:00    | SCUBA (lanes 1-3)/Laps (lanes 4-6)  | Laps/Family            | Laps/Family                         | Laps/Family            |                                     |                          |             | 7:00    |
| 7:30    |                                     |                        |                                     |                        |                                     |                          |             | 7:30 PM |
| 8:00    | SCUBA                               |                        |                                     |                        |                                     |                          |             | 8:00    |
| 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 **9/25/2023**

|         | MON<br>9/25  | TUE<br>9/26 | WED<br>9/27 | THUR<br>9/28 | FRI<br>9/29 | SAT<br>9/30 | SUN<br>10/1 |         |
|---------|--------------|-------------|-------------|--------------|-------------|-------------|-------------|---------|
| 5:00    | Swim Lessons |             |             |              |             |             |             | 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    | 3:30         |             |             |              |             |             |             |         |
| 4:00    | 4:00         |             |             |              |             |             |             |         |
| 4:30    | 4:30         |             |             |              |             |             |             |         |
| 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         |             |             |              |             |             |             |         |

Swim Lessons

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

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Swim Lessons

Aquacize/DWF

Family Swim

Swim Lessons

Aquacize/DWF

Family Swim