

ALLYN-RIFORD POOL SCHEDULE

Effective **10/2/2023**

	MON	TUE	WED	THUR	FRI	SAT	SUN	
	10/2	10/3	10/4	10/5	10/6	10/7	10/8	
9								
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	Break 8:45-9	Break 8:45-9			9:00
9:00	Aquacize	Aqua HiIT	Aquacize	Aqua HiIT	Aquacize/Deep Water Boot Camp			9:30
9:15						Lessons (1-3)/Laps (4-6)		10:00
9:30							Laps/Family	10:15
10:00	Break 10-10:15		Break 10-10:15		Break 10-10:15			10:00
10:15						Swim Lessons		10:15
11:00	Laps	Laps	Laps	Laps	Laps			11:00
11:15								
11:30						Laps/Family		
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				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-					3:45 PM
3:30		Laps/Family		Laps/Family				4:00
3:45 PM	Laps/Family		Laps/Family		Laps/Family			4:30
4:00		Break 4:45-5		Break 4:45-5				5:00
4:30								5:00
5:00								5:00
5:45								6:00
6:00	Stingrays	Stingrays	Stingrays	Stingrays	Stingrays			6:00
6:30 PM								6:30 PM
7:00								7:00
7:30								7:30 PM
8:00								8:00
8:30								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.

EMERSON POOL SCHEDULE

Effective **10/2/2023**

	MON 10/2	TUE 10/3	WED 10/4	THUR 10/5	FRI 10/6	SAT 10/7	SUN 10/8	
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	Family Swim	Swim Lessons	Family Swim	Swim Lessons	<p>Laps: lap member swimmers of any age.</p> <p>Adult- For adult members only</p> <p>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>		5:00	
5:30							5:30	
5:45							5:45	
6:00	Swim Lessons	Aquacize/DWF	Swim Lessons	Aquacize/DWF			6:00	
6:30	Family Swim	Family Swim	Family Swim	Family Swim			6:30	
7:00		Family Swim		Family Swim			7:00	
7:30							7:30	
8:00							8:00	
8:30							8:30	
9:00							9:00	