

ALLYN-RIFORD POOL SCHEDULE

Effective **9/18/2023**

	MON	TUE	WED	THUR	FRI	SAT	SUN	
	9/18	9/19	9/20	9/21	9/22	9/23	9/24	
5:00								5:00
6:00	Laps		Laps		Laps			6:00
7:00								7:00
7:15								7:30
7:30	Break 7:30-		Break 7:30-	Laps	Break 7:30-			7:30
7:45	Laps		Laps		Laps			8:00
8:00	Deep Water		Deep Water		Deep Water			8:30
8:30	Fitness (lanes		Fitness (lanes		Fitness (lanes 1			8:30
8:45	1-2)/Laps	Break 8:45-9	1-2)/Laps	Break 8:45-9	2)/Laps			9:00
9:00					Deep Water			9:30
9:15	Aquacize	Aqua HiIT	Aquacize	Aqua HiIT	Boot Camp			9:30
9:30					Aquacize/Deep			10:00
10:00	Break 10-10:15		Break 10-10:15		Water Boot			10:00
10:15					Camp	Swim Lessons		10:15
11:00	Laps	Laps	Laps	Laps	Laps			11:00
11:15								11:00
11:30								11:00
11:45	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Laps/Family		11:00
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			1:30
2:00	Laps/Family	Coast Physical	Laps/Family	Laps/Family				2:00
2:45 PM		Therapy						2:00
3:00		Break 2:45-3		Break 2:45-3	Break 2:45-3			2:30 PM
3:15								2:45 PM
3:30								3:00
3:45 PM	Break 3:45-4	Laps/Family	Break 3:45-4	Laps/Family	Laps/Family			3:00
4:00								3:45 PM
4:30	Laps/Family		Laps/Family	Laps/Family				4:00
5:00		Break 5-5:15	Laps/Family	Break 5-5:15				4:00
5:45								4:30
6:00	Break 6:-6:15		Break 6:-6:15					5:00
6:30 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family				5:00
7:00	SCUBA (lanes		Laps/Family					6:00
7:30	1-3)/Laps							6:00
8:00	(lanes 4-6)							6:30 PM
8:30	SCUBA							7:00
9:00								7:00

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 **9/18/2023**

	MON 9/18	TUE 9/19	WED 9/20	THUR 9/21	FRI 9/22	SAT 9/23	SUN 9/24	
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.

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.

Swim Lessons

Aquacize/DWF

Family Swim

Swim Lessons

Aquacize/DWF

Family Swim

Swim Lessons

Family Swim