

ALLYN-RIFORD POOL SCHEDULE

Effective **11/13/2023**

| | MON 11/13 | TUE 11/14 | WED 11/15 | THUR 11/16 | FRI 11/17 | SAT 11/18 | SUN 11/19 | |
|---------|-----------------------------|---------------------------|-----------------------------|---------------------------|-------------------------------------|--------------------------------------|--------------|---------|
| 9 | | | | | | | | |
| 5:00 | | | | | | | | 5:00 |
| | Laps/Masters (lanes 4&5) | | Laps/Masters (lanes 4&5) | | Laps/Masters (lanes 4&5) | | | |
| 6:00 | | | | | | | | 6:00 |
| | Laps | | Laps | | Laps | | | |
| 7:00 | | | | | | | | 7:00 |
| 7:15 | | | | | | | | |
| 7:30 | Break 7:30- | Laps | Break 7:30- | Laps | Break 7:30- | | | 7:30 |
| 7:45 | | | | | | Laps | | |
| 8:00 | Laps | | Laps | | Laps | | | 8:00 |
| 8:30 | | | | | | | | 8:30 |
| 8:45 | | Break 8:45-9 | | Break 8:45-9 | Break 8:45-9 | | | |
| 9:00 | Break 9-9:15 | | Break 9-9:15 | | Aquacize/Deep Water Boot Camp | Lessons (1-2 & 5-6)/Laps (3&4) | | 9:00 |
| 9:15 | Aquacize | Aqua HiIT | Aquacize | Aqua Blast | | | | 9:30 |
| 9:30 | | | | | | | | |
| 10:00 | Break 10-10:15 | | Break 10-10:15 | | Break 10-10:15 | | | 10:00 |
| 10:15 | | | | | | Swim Lessons | Laps/Family | 10:15 |
| | Laps | Laps | Laps | Laps | Laps | | | |
| 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 | Laps/Family | | Noon |
| | | | | | | | | |
| 1:00 | | Laps/Family | | Laps/Family | | | | 1:00 |
| 1:30 PM | | Break 1:30- | | Break 1:30- | Laps/Family | | | 1:30 |
| 1:45 PM | Laps/Family | Coast Physical Therapy | Laps/Family | Coast Physical Therapy | | | | 2:00 |
| 2:00 | | | | | | | | |
| 2:30 PM | | | | | | | | 2:30 PM |
| 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 | | | | | | | | |
| 3:45 PM | | Laps/Family | | Laps/Family | | | | 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 | | | | | | | | 5:00 |
| 5:45 | | | | | | | | |
| 6:00 | | | | | | | | 6:00 |
| 6:30 PM | Stingrays | Stingrays | Stingrays | Stingrays | Stingrays | | | 6:30 PM |
| 7:00 | | | | | | | | 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 **11/13/2023**

| | MON | TUE | WED | THUR | FRI | SAT | SUN | |
|---------|--------------------|--------------|--------------------|------------------|--------------------|--------------|-------|---------|
| | 11/13 | 11/14 | 11/15 | 11/16 | 11/17 | 11/18 | 11/19 | |
| 5:00 | | | | | | | | 5:00 |
| 6:00 | | | | | | | | 6:00 |
| 7:00 | | | | | | | | 7:00 |
| 7:30 | | | | | | | | 7:30 |
| 8:00 | Laps | | Laps | | Laps | | | 8:00 |
| 8:30 | Deep Water Fitness | | Deep Water Fitness | | Deep Water Fitness | | | 8:30 |
| 9:00 | Preschool Lessons | | Preschool Lessons | | | Swim Lessons | | 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 | | School's Out | | | | | | 4:00 |
| 4:30 | | | | | | | | 4:30 |
| 5:00 | Family Swim | Swim Lessons | Family Swim | Swim Lessons | | | | 5:00 |
| 5:30 | | | | | | | | 5:30 |
| 5:45 | | | | | | | | 5:45 |
| 6:00 | Swim Lessons | AquaHigh/DWF | Swim Lessons | AquaHigh/DWF | | | | 6:00 |
| 7:00 | Family Swim | Family Swim | Family Swim | Lap/Swim Lessons | | | | 7:00 |
| 8:00 | | | | | | | | 8:00 |
| 9:00 | | | | | | | | 9:00 |

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