

ALLYN-RIFORD POOL SCHEDULE

Effective **11/20/2023**

	MON	TUE	WED	THUR	FRI	SAT	SUN
9	11/20	11/21	11/22	11/23	11/24	11/25	11/26
5:00	Laps/Masters (lanes 4&5)		Laps/Masters (lanes 4&5)		Laps/Masters (lanes 4&5)		
6:00							
7:00	Laps		Laps		Laps	Laps	
7:15							
7:30	Break 7:30-	Laps	Break 7:30-	Aqua HiIT (7:30-8:15)	Break 7:30-		
7:45							
8:00	Laps		AHS Swim Team	Laps	AHS Swim Team	AHS/Stingray	
8:30							
8:45	Break 9-9:15	Break 8:45-9	Break 9-9:15	Laps		Lessons (1-2 & 5-6)/Laps (3&4)	
9:00							
9:15	Aquacize	Aqua HiIT	Aquacize		Laps		
9:30							
10:00	Break 10-10:15	Laps	Break 10-10:15	C L O S E D F O R T H A N K S G I V I N G ! E N J O Y !	Break 10-10:15	Swim Lessons	Laps/Family
10:15							
11:00	Laps	Laps	Laps		Laps		
11:15							
11:30	Break 11:45-	Break 11:45-	Break 11:45-		Break 11:45-	Laps/Family	
11:45							
Noon	Laps	Laps	Laps		Laps		
1:00							
1:30 PM	Laps/Family	Laps/Family	Laps/Family		Laps/Family		
1:45 PM							
2:00	Laps/Family	Coast Physical Therapy	Laps/Family		Laps/Family		
2:45 PM							
3:00	Break 3-3:15	Break 2:45- 3:15	Break 3:15-		Laps/Family		
3:15							
3:30	AHS Swim Team	AHS Swim Team	Laps/Family		Laps/Family		
3:45 PM							
4:00	AHS Swim Team	AHS Swim Team	Laps/Family		Laps/Family		
4:30							
5:00	Stingrays	Stingrays	Laps/Lessons		Laps/Family		
5:45							
6:00	Stingrays	Stingrays	Laps/Lessons		Laps/Family		
6:30 PM							
7:00	Stingrays	Stingrays	Laps/Lessons		Laps/Family		
7:30							
7:30	Stingrays	Stingrays	Laps/Lessons		Laps/Family		
7:00							
7:30	Stingrays	Stingrays	Laps/Lessons		Laps/Family		
8:00							
8:30	Stingrays	Stingrays	Laps/Lessons		Laps/Family		
9:00							
9:00					SCUBA		

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 **11/20/2023**

	MON 11/20	TUE 11/21	WED 11/22	THUR 11/23	FRI 11/24	SAT 11/25	SUN 11/26
5:00							
6:00							
7:00							
7:30							
8:00	Laps		Laps		Laps		
8:30	Deep Water Fitness		Deep Water Fitness		Deep Water Fitness		
9:00							
9:30			School's Out		School's Out		
10:00	Preschool Lessons					Swim Lessons	
10:30							
11:00			LG In-Service				
11:30							
Noon							
12:30							
1:00							
1:30 PM							
2:00							
2:30							
2:45							
3:00							
3:30							
4:00							
4:30		SACC program					
5:00	Family Swim	Swim Lessons					
5:30							
5:45							
6:00	Swim Lessons	AquaHigh/DWF					
7:00	Family Swim	Family Swim					
8:00							
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.

CLOSED FOR Thanksgiving

5:00
6:00
7:00
7:30
8:00
8:30
9:00
9:30
10:00
10:15
11:00
Noon
1:00
1:30
2:00
2:30 PM
2:45 PM
3:00
3:45 PM
4:00
4:30
5:00
6:00
6:30 PM
7:00
7:30 PM
8:00
9:00

5:00
6:00
7:00
7:30
8:00
8:30
9:00
9:30
10:00
10:30
11:00
11:30
Noon
12:30
1:00
2:00
3:00
4:00
4:30
5:00
5:30
6:00
7:00
8:00
9:00