

ALLYN-RIFORD POOL SCHEDULE

Effective 2/12/2024

	MON 2/12	TUE 2/13	WED 2/14	THUR 2/15	FRI 2/16	SAT 2/17	SUN 2/18	
9								
5:00	Laps/Masters (lanes 4&5)		Laps/Masters (lanes 4&5)		Laps/Masters (lanes 4&5)			5:00
6:00								6:00
7:00	Laps		Laps		Laps			7:00
7:15								7:30
7:30	Break 7:30-	Laps	Break 7:30-	Laps	Break 7:30-	Laps (lanes 1-2)/Stingrays (lanes 3-6)		7:30
7:45	Laps		Laps		Laps			8:00
8:30	Laps	Break 8:45-9	Laps	Break 8:45-9	Laps			8:30
8:45								9:00
9:00	Break 9-9:15	Aqua HiIT	Break 9-9:15	Aqua Blast	Break 9-9:15	Swim Lessons (lanes 1-2 & 5-6)/Laps (lanes 3&4)		9:00
9:15	Aquacize		Aquacize		Aquacize			9:30
9:30			Laps		Laps			
10:00	Break 10-10:15	Laps		Break 10-10:15				
10:15	Laps	Laps	Laps	Laps	Laps		Laps/Family	11:00
11:00								11:00
11:15								11:30
11:30								Noon
11:45	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Laps/Family		Noon
Noon	Laps	Laps	Laps	Laps	Laps			
1:00						1:30		
1:30 PM	Laps/Family	Break 1:30-	Laps/Family	Break 1:30-	Laps/Family			2:00
1:45 PM		Laps/Family		Laps/Family				Laps/Family
2:00		COAST	COAST	COAST	COAST			2:45 PM
2:45 PM								3:00
3:00	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15			3:00
3:15	Laps (lanes 1-2)/AHS Swim Teams (Varsity)	AHS Swim Teams (Varsity & Modified)	Laps/Family	AHS Swim Teams (Varsity & Modified)	Laps (lanes 1-2)/AHS Swim Teams (Modified)			
3:30			4:00					
3:45 PM			Auburn Modified Swim Meet					4:30
4:00								5:00
4:30	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Laps/Family		5:00
5:00	Stingrays	Stingrays	Stingrays	Stingrays	Stingrays			
5:45						6:30 PM		
6:00								7:00
6:30 PM								7:30 PM
7:00								8:00
7:30								8:00
8:00								8:30
8:30								9:00
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 **2/12/2024**

	MON 2/12	TUE 2/13	WED 2/14	THUR 2/15	FRI 2/16	SAT 2/17	SUN 2/18							
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														9:00
9:30														9:30
10:00													Swim Lessons	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	Laps/Family Swim	SACC Program	Laps/Family Swim	BTW Rental			4:00							
4:30		Swim Lessons					4:30							
5:00		Swim Lessons					5:00							
5:30	Break 5:45-6		Break 5:45-6				5:30							
5:45	Break 5:45-6		Break 5:45-6				5:45							
6:00	Swim Lessons	AquaHigh/DWF	Swim Lessons	AquaHigh/DWF					6:00					
7:00	Laps/Family Swim	Laps/Lessons	Laps/Family Swim	Laps/Lessons					7:00					
8:00									8:00					
9:00									9:00					

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