

# ALLYN-RIFORD POOL SCHEDULE

Effective **2/5/2024**

	MON 2/5	TUE 2/6	WED 2/7	THUR 2/8	FRI 2/9	SAT 2/10	SUN 2/11		
9									
<b>5:00</b>					CLOSED FOR MAINTENANCE			<b>5:00</b>	
Laps/Masters (lanes 4&5)			Laps/Masters (lanes 4&5)					<b>6:00</b>	
<b>6:00</b>									
Laps			Laps					<b>7:00</b>	
<b>7:00</b>									
<b>7:15</b>									
7:30	Break 7:30-	Laps	Break 7:30-	Laps					7:30
7:45							Laps		
<b>8:00</b>	Laps		Laps						<b>8:00</b>
8:30									8:30
8:45	Break 8:45-9		Break 8:45-9						
<b>9:00</b>	Break 9-9:15		Break 9-9:15						<b>9:00</b>
9:15	Aquacize	Aqua HiIT	Aquacize	Aqua Blast			Swim Lessons (lanes 1-2 & 5-6)/Laps (lanes 3&4)		9:30
9:30									
<b>10:00</b>	Break 10-10:15		Break 10-10:15						<b>10:00</b>
10:15							Laps/Family		10:15
Laps		Laps	Laps	Laps					
<b>11:00</b>									<b>11:00</b>
11:15									
11:30									
11:45	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-		Laps/Family			
<b>Noon</b>	Laps		Laps	Laps				<b>Noon</b>	
Laps		Laps		Laps					
<b>1:00</b>								<b>1:00</b>	
1:30 PM								1:30	
1:45 PM	Laps/Family	Break 1:30-	Laps/Family	Break 1:30-					
<b>2:00</b>		COAST		COAST				<b>2:00</b>	
2:45 PM								2:45 PM	
<b>3:00</b>	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15				<b>3:00</b>	
3:15			Laps (1-2)/AHS Swim Team					3:15	
3:30								3:30	
3:45 PM	AHS Swim Teams (Varsity & Modified)	AHS Swim Teams (Varsity & Modified)		AHS Swim Teams (Varsity & Modified)				3:45 PM	
<b>4:00</b>								<b>4:00</b>	
<b>4:30</b>	Break 4:45-5	Break 4:45-5	Auburn Modified Swim Meet	Break 4:45-5				<b>4:30</b>	
<b>5:00</b>								<b>5:00</b>	
5:45								5:45	
<b>6:00</b>								<b>6:00</b>	
6:30 PM	Stingrays	Stingrays	Stingrays	Stingrays				6:30 PM	
<b>7:00</b>								<b>7:00</b>	
<b>7:30</b>								<b>7:30</b>	
<b>8:00</b>								<b>8:00</b>	
<b>8:30</b>								<b>8:30</b>	
<b>9:00</b>								<b>9:00</b>	

**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 **2/5/2024**

	MON 2/5	TUE 2/6	WED 2/7	THUR 2/8	FRI 2/9	SAT 2/10	SUN 2/11							
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												Deep Water Fitness		9:00
9:30												Laps		9:30
10:00												Laps	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	Laps/Family Swim	Laps/Family Swim		4:00							
4:30		Swim Lessons			Swim Lessons		4:30							
5:00							5:00							
5:30	Break 5:45-6	Break 5:45-6	Break 5:45-6	Break 5:45-6	Break 5:45-6		5:30							
5:45							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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