

ALLYN-RIFORD POOL SCHEDULE

Effective **4/1/2024**

	MON 4/1	TUE 4/2	WED 4/3	THUR 4/4	FRI 4/5	SAT 4/6	SUN 4/7	
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
	Break 7:30-	Laps	Break 7:30-	Laps	Break 7:30-			
7:15								
	7:30		7:30		7:30			
7:45								
	Laps		Laps		Laps	Laps		
8:00								8:00
	Laps		Laps		Laps		Laps	
8:30								8:30
	8:45	Break 8:45-9	8:45	Break 8:45-9	8:45			
9:00								9:00
	Break 9-9:15		Break 9-9:15		Break 9-9:15			
9:15								9:15
	Aquacize	Aqua HiIT	Aquacize	Aqua Blast	Aquacize			
9:30								9:30
10:00								10:00
	Break 10-10:15		Break 10-10:15		Break 10-10:15	Swim Lessons		
10:15								10:15
	Laps	Laps	Laps	Laps	Laps		Laps/Family	
11:00								11:00
	Laps		Laps		Laps			
11:15								11:15
	11:30		11:30		11:30			
11:45								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								1:00
1:30 PM								1:30
		Break 1:30-		Break 1:30-				
1:45 PM								1:45 PM
	Laps/Family	COAST	Laps/Family	COAST	Laps/Family			
2:00								2:00
2:45 PM								2:45 PM
	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15			
3:00								3:00
3:15								3:15
3:30								3:30
3:45 PM								3:45 PM
	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			
4:00								4:00
4:30								4:30
	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5			
5:00								5:00
		Laps/Family			Laps/Family			
5:45								5:45
6:00								6:00
	Laps/Family	Aqua Boot Camp (lanes 1-4)/Laps	Laps/Family	Laps/Family				
6:30 PM								6:30 PM
7:00								7:00
		Laps/Family						
7:30								7:30
8:00								8:00
8:30								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 **4/1/2024**

	MON 4/1	TUE 4/2	WED 4/3	THUR 4/4	FRI 4/5	SAT 4/6	SUN 4/7	
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		Deep Water Fitness		Deep Water Fitness			9:00
9:30	School's Out		Preschool Swim Lessons			Swim Lessons		9:30
10:00	School's Out		Preschool Swim Lessons			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	BTW Rental			4:00
4:30	Laps/Family Swim	Swim Lessons	Laps/Family Swim	Laps/Family Swim	BTW Rental			4:30
5:00	Laps/Family Swim	Swim Lessons	Laps/Family Swim	Laps/Family Swim	BTW Rental			5:00
5:30	Laps/Family Swim	Swim Lessons	Laps/Family Swim	Laps/Family Swim	BTW Rental			5:30
5:45	Break 5:45-6	Break 5:45-6	Break 5:45-6	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	Swim Lessons	Laps/Family Swim	Swim Lessons				7:00
8:00								8:00
9:00								9:00

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