

ALLYN-RIFORD POOL SCHEDULE

Effective **4/29/2024**

	MON	TUE	WED	THUR	FRI	SAT	SUN			
9	4/29	4/30	5/1	5/2	5/3	5/4	5/5			
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	Laps	Laps	Laps		7:00		
7:15	Break 7:30-		Break 7:30-		Break 7:30-			Break 7:30-	7:30	
7:30 7:45	Laps		Laps		Laps			Laps	Laps	8:00
8:30 8:45	Break 8:45-9	Break 8:45-9	Break 8:45-9	Break 8:45-9	Break 8:45-9			8:30		
9:00	Break 9-9:15	Aqua HiIT	Break 9-9:15	Aqua Blast	Aquacize/Deep Water Boot Camp	Swim Lessons	Laps/Family	9:00		
9:15 9:30	Aquacize		Aquacize		Aquacize/Deep Water Boot Camp			9:30		
10:00	Break 10-10:15	Laps	Break 10-10:15	Laps	Break 10-10:15	Swim Lessons (lanes 1- 2)/Laps	Laps/Family	10:00		
10:15	Laps		Laps		Laps			Laps	10:15	
11:00	Laps	Laps	Laps	Laps	Laps	Laps/Family	Laps/Family	11:00		
11:15	Break 11:45-		Break 11:45-		Break 11:45-			Break 11:45-	Break 11:45-	Noon
11:30	Laps		Laps		Laps			Laps	Laps	1:00
Noon	Laps	Laps	Laps	Laps	Laps	Laps/Family	Laps/Family	Noon		
1:00	Laps/Family	Break 1:30-	Laps/Family	Break 1:30-	Laps/Family			1:00		
1:30 PM		Break 1:30-		Break 1:30-				Break 1:30-	Break 1:30-	1:30
1:45 PM	Laps/Family	MVPT	Laps/Family	MVPT	Laps/Family			2:00		
2:00								2:30 PM		
2:45 PM	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	2:45 PM		
3:00	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			3:00		
3:15								3:45 PM		
3:30	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			3:45 PM		
3:45 PM								4:00		
4:00	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	4:00		
4:30	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			4:30		
5:00								5:00		
5:45	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			5:00		
6:00		Aqua Boot Camp (lanes 1- 4)/Laps	Lessons (lane 1)/Laps	Laps/Family	Laps/Family			6:00		
6:30 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			6:30 PM		
7:00								7:00		
7:30								7:30 PM		
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 **4/29/2024**

	MON 4/29	TUE 4/30	WED 5/1	THUR 5/2	FRI 5/3	SAT 5/4	SUN 5/5	
5:00								5:00
6:00								6:00
7:00								7:00
7:30								7:30
8:00								8:00
8:30								8:30
9:00								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	4:00	4:00	4:00	4:00	4:00	4:00	4:00	<p>Laps: lap member swimmers of any age. Adult- For adult members only Family: Open swim for all members.</p> <p>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.</p>
4:30	Laps/Family Swim	SACC Program	Laps/Family Swim	Laps/Family Swim	Laps/Family Swim	Laps/Family Swim	Laps/Family Swim	
5:00	Laps/Family Swim	Swim Lessons	Laps/Family Swim	Laps/Family Swim	Laps/Family Swim	Laps/Family Swim	Laps/Family Swim	
5:30	Break 5:30-6							
5:45	Break 5:45-6							
6:00	Swim Lessons	AquaHigh/DWF	AquaHigh/DWF	AquaHigh/DWF	AquaHigh/DWF	AquaHigh/DWF	AquaHigh/DWF	
7:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	
8:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	
9:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	

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