

ALLYN-RIFORD POOL SCHEDULE

Effective 4/22/2024

	MON 4/22	TUE 4/23	WED 4/24	THUR 4/25	FRI 4/26	SAT 4/27	SUN 4/28	
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								
	8:30		8:30		8:30			
	8:45	Break 8:45-9	8:45-9	Break 8:45-9	Break 8:45-9			8:30
9:00	Break 9-9:15		Break 9-9:15		Break 9-9:15			9:00
	9:15	Aquacize	Aqua HiIT	Aquacize	Aqua Blast	Aquacize/Deep Water Boot Camp		
	9:30							9:30
10:00	Break 10-10:15		Break 10-10:15		Break 10-10:15			10:00
	10:15		10:15		10:15	Swim Lessons		10:15
	Laps	Laps	Laps	Laps	Laps		Laps/Family	
11:00								11:00
	11:15		11:15		11:15	Swim Lessons (lanes 1- 2)/Laps		
	11:30		11:30		11:30			
	11:45	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-			
Noon								Noon
	Laps	Laps	Laps	Laps	Laps	Laps/Family		
1:00								1:00
	1:30 PM	Break 1:30-	1:30-	Break 1:30-	1:30-			
	1:45 PM		1:45 PM		1:45 PM			
2:00	Laps/Family	MVPT	Laps/Family	MVPT	Laps/Family			2:00
	2:45 PM		2:45 PM		2:45 PM			
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		3:15		3:15			
	3:30		3:30		3:30			
	3:45 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family			3:45 PM
4:00								4:00
	4:30		4:30		4:30			
	4:45	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5			
5:00								5:00
	5:45	Laps/Family	Laps/Family	Laps/Family	Laps/Family			
6:00	Laps/Family	Aqua Boot Camp (lanes 1- 4)/Laps	Lessons (lane 1)/Laps	Laps/Family				6:00
	6:30 PM		6:30 PM		6:30 PM			6:30 PM
	7:00	Laps/Family	Laps/Family					7:00
7:30								7:30 PM
	8:00							8:00
	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 **4/22/2024**

	MON 4/22	TUE 4/23	WED 4/24	THUR 4/25	FRI 4/26	SAT 4/27	SUN 4/28	
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						Swim Lessons		9:00
9:30	School's Out	School's Out	School's Out	School's Out	School's Out			9:30
10:00	School's Out	School's Out	School's Out	School's Out	School's Out			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		Laps/Family Swim					4:00
4:30								4:30
5:00		Swim Lessons		Swim Lessons				5:00
5:30								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							6:00
6:30		AquaHigh/DWF		AquaHigh/DWF				6:30
7:00		Swim Lessons		Swim Lessons				7:00
8:00								8:00
9:00								9:00

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