## **ALLYN-RIFORD POOL SCHEDULE**

**Effective** 4/22/2024

	MON	TUE	WED	THUR	FRI	SAT	SUN	
9	4/22	4/23	4/24	4/25	4/26	4/27	4/28	
5:00	-, ==	-7 = 0	-/ = -	-7 =0	.,	., _,	-7 = 0	5:00
5.55								5.55
	Laps/Masters		Laps/Masters		Laps/Masters			
	(lanes 4&5)		(lanes 4&5)		(lanes 4&5)			
6:00	(lanes las)		(lanes las)		(laries las)			6:00
7:00	Laps		Laps		Laps			7:00
7:15								7100
7:30	Break 7:30-	Laps	Break 7:30-	Laps	Break 7:30-			7:30
7:45						Laps		
8:00					Laps	Laps		8:00
0.20	Laps		Laps				Laps	0.20
8:30 8:45		Break 8:45-9		Break 8:45-9	Break 8:45-9			8:30
9:00	Break 9-9:15	Dieak 6.43-9	Break 9-9:15	Dieak 0.43-9				9:00
9:15	Dicak y yill		Break 9 9119	. 5.	Aquacize/Deep			5.00
9:30	Aquacize	Aqua HiIT	Aquacize	Aqua Blast	Water Boot			9:30
	-				Camp	Swim Lessons		
	Break 10-10:15		Break 10-10:15		Break 10-10:15	OWINI LC330IIS		10:00
10:15								10:15
		Lanc		Lanc				
11:00	Laps	Laps	Laps	Laps	Laps	Swim Lessons	Laps/Family	11:00
11:15						(lanes 1-		11.00
11:30						2)/Laps		
11:45	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	_ // _GP0		
Noon								Noon
	Laps		Laps		Laps	Laps/Family		
		Laps	2000	Laps				
1.00		·		·				1:00
1:00								1:00
1:30 PM		Break 1:30-		Break 1:30-				1:30
1:45 PM	  /=:		L = = = /F= == :h .		 			
2:00	Laps/Family		Laps/Family		Laps/Family			2:00
		MVPT		MVPT				
								2:30 PM
2:45 PM		D	D 1 2 2 4 5	D	D - 1 2 2 4 5			2:45 PM
3:00 3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	-		3:00
3:30								
3:45 PM		. /=	. /=	. /=			<u>Laps:</u> lap	3:45 PM
4:00	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family		member	4:00
							swimmers of	
4:30							any age.	4:30
	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5		<u>Adult</u> - For	
5:00							adult	5:00
		Laps/Family	Laps/Family		Laps/Family		members only	
5:45			,				Family: Open	
6:00	, , , , , , , , , , , , , , , , , , ,	Agus Daat	Lessons (lane	/= ··		1	swim for all	6:00
	Laps/Family	Aqua Boot	1)/Laps	Laps/Family			members.	
6:30 PM		Camp (lanes 1-	,,					6:30 PM
		4)/Laps	Laps/Family					
7:00		Laps/Family	Laps/ramily				<b>5 yrs old</b> must be	7:00
7.00						within arm's read adult in the water	,	7.00.514
7:30						must have an adu		7:30 PM
8:00						and pass the dee	p-end test, wear	8:00
0:00						a lifejacket, or be	accompanied by	8:00
8:30						an adult within a		
0.50							n under 5' who e deep-end test	
9:00						•	anied by an adult	9:00
						within arm's read		
						wear a li	fejacket.	

## **EMERSON POOL SCHEDULE**

**Effective** 4/22/2024

		Effective		/ 2024				
	MON	TUE	WED	THUR	FRI	SAT	SUN	
5:00	4/22	4/23	4/24	4/25	4/26	4/27	4/28	5:00
5:00								5:00
6:00								6:00
7:00								7:00
7:30								7:30
7.30								7.30
8:00	Laps	Ī	Laps		Laps			8:00
0.20	Сарз		Е С С С С С С С С С С С С С С С С С С С		Е С С С С С С С С С С С С С С С С С С С	4		0.20
8:30	Deep Water		Deep Water		Deep Water			8:30
9:00	Fitness		Fitness		Fitness			9:00
9:30								9:30
10:00	School's Out	School's Out	School's Out	School's Out	School's Out			10:00
10.00						Cina I annua		10.00
10:30						Swim Lessons		10:30
11.00	-							11.00
11:00								11:00
11:30								11:30
Noon								Noon
12:30								12:30
12.55								12.30
1:00								1:00
1:30 PM								
1:30 PM								
2:00								2:00
2:30 2:45								
3:00								3:00
							<u>Laps</u> : lap	
3:30							member	
4:00		Ī		1			swimmers of	4:00
4.00							any age. <u>Adult</u> - For	7.00
4:30	Laps/Family		Laps/Family				adult	4:30
F-00	Swim		Swim				members only	F-00
5:00		Swim Lessons		Swim Lessons			Family: Open	5:00
5:30							swim for all	5:30
5:45	Break 5:45-6	Break 5:45-6	Break 5:45-6	Break 5:45-6			members.	
6:00	Swim Lessons			AquaHigh/		Children and	6 yma old years by	6:00
		AquaHigh/DWF		DWF		within arm's reach	<b>6 yrs old</b> must be of supervising adult	
							lren 6-7 must have	
7:00						an adult in the poo		7:00
		Swim Lessons		Swim Lessons		deep-end test, wea accompanied by ar		
						reach in the water.	Children under 5'	
8:00						who cannot pass	the deep-end test	8:00
						must be accompanie		
						arm's reach in th lifeja	e water or wear a	
9:00						meja	ichet.	9:00