

ALLYN-RIFORD POOL SCHEDULE

Effective **5/6/2024**

	MON 5/6	TUE 5/7	WED 5/8	THUR 5/9	FRI 5/10	SAT 5/11	SUN 5/12		
9									
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	Laps	8:00		
8:30	Break 9-9:15	Break 8:45-9	Break 8:45-9	Break 8:45-9	Break 8:45-9		Laps	8:30	
8:45									
9:00	Aquacize	Aqua HiIT	Aquacize	Aqua Blast	Aquacize/Deep Water Boot Camp	Swim Lessons	Laps/Family	9:00	
9:15	Break 10-10:15	Break 10-10:15	Break 10-10:15	Break 10-10:15	Break 10-10:15			Swim Lessons (lanes 1- 2)/Laps	9:30
9:30									
10:00	Laps	Laps	Laps	Laps	Laps	Laps/Family	10:00		
10:15	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-		Laps/Family	10:15	
11:00									
11:15	Laps	Laps	Laps	Laps	Laps	Laps/Family	11:00		
11:30	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-		Laps/Family	Noon	
11:45									
Noon	Laps	Laps	Laps	Laps	Laps	Laps/Family	Noon		
1:00	Laps/Family	Break 1:30-	Laps/Family	Break 1:30-	Laps/Family		Laps/Family	1:00	
1:30 PM									
1:45 PM	MVPT	MVPT	MVPT	MVPT	Laps/Family	2:00			
2:00									
2:45 PM	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Laps/Family	2:30 PM		
3:00									
3:15	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family		2:45 PM		
3:30									
3:45 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	3:45 PM		
4:00									
4:30	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5		Laps/Family	4:00	
5:00									
5:45	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family		5:00	
6:00									
6:30 PM	Laps/Family	Aqua Boot Camp (lanes 1- 4)/Laps	Lessons (lane 1)/Laps	Laps/Family	Laps/Family		Laps/Family	6:00	
7:00									
7:30	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family		6:30 PM	
8:00									
8:30	Lifeguard Class (lanes 1- 3)/Laps (lanes 4-6)		Lifeguard Class (lanes 1- 3)/Laps (lanes 4-6)				Laps/Family	7:00	
9:00									
9:00						<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>		9:00	

EMERSON POOL SCHEDULE

Effective **5/6/2024**

	MON 5/6	TUE 5/7	WED 5/8	THUR 5/9	FRI 5/10	SAT 5/11	SUN 5/12				
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								Preschool Swim Lessons	Preschool Swim Lessons	Swim Lessons	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	Laps/Family Swim	SACC Program	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	5:45						
6:00	Swim Lessons	AquaHigh/DWF	6:00	AquaHigh/DWF	6:00						
7:00		Swim Lessons	7:00	Swim Lessons	7:00						
8:00			8:00		8:00						
9:00			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.