

ALLYN-RIFORD POOL SCHEDULE

Effective **5/13/2024**

	MON 5/13	TUE 5/14	WED 5/15	THUR 5/16	FRI 5/17	SAT 5/18	SUN 5/19			
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										8:00
9:00	Break 9-9:15	Break 8:45-9	Break 9-9:15	Break 8:45-9	Break 8:45-9			9:00		
9:15 9:30	Aquacize	Aqua HiIT	Aquacize	Aqua Blast	Aquacize/Deep Water Boot Camp	Swim Lessons	Laps/Family	9:30		
10:00	Break 10-10:15	Laps	Break 10-10:15	Laps	Laps			Swim Lessons (lanes 1- 2)/Laps	10:00	
10:15	Laps		Break 10-10:15						Break 10-10:15	Break 10-10:15
11:00	Laps	Laps	Laps	Laps	Laps	Laps/Family	11:00			
11:15	Break 11:45-		Break 11:45-		Break 11:45-		Break 11:45-	Laps/Family		
11:30									Noon	Noon
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								1:30		
1:45 PM	2:00	MVPT	MVPT	2:00	2:30 PM			2:45 PM		
2:45 PM	Laps/Family	Break 3-3:15	Laps/Family	Break 3-3:15	Laps/Family	Laps/Family		3:00		
3:00								3:15	3:30	3:45 PM
3:30	Laps/Family	Break 3-3:15	Laps/Family	Break 3-3:15	Laps/Family			Laps/Family		3:45 PM
3:45 PM	Laps/Family	Break 4:45-5	Laps/Family	Break 4:45-5	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			Laps/Family		5:00
5:00	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family				6:00
5:45	Laps (lanes 1- 3)/LG In- Service (lanes 4-6)	Aqua Boot Camp (lanes 1- 4)/Laps	Laps/Family	Laps/Family	Laps/Family					Laps/Family
6:00	Break 7-7:15	Laps/Family	Break 7-7:15	Laps/Family				Laps/Family		
6:30 PM						7:00	7:00			
7:00	Break 7-7:15	Laps/Family	Break 7-7:15	Laps/Family		Laps/Family				7:00
7:30	Lifeguard Class (lanes 1- 3)/Laps (lanes 4-6)		Lifeguard Class (lanes 1- 3)/Laps (lanes 4-6)					Laps/Family		7:30
8:00										8:00
8:30	Lifeguard Class (lanes 1- 3)/Laps (lanes 4-6)		Lifeguard Class (lanes 1- 3)/Laps (lanes 4-6)			Laps/Family				8:00
8:30								9:00		
9:00								Laps/Family		9:00
						Laps/Family				

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 **5/13/2024**

	MON 5/13	TUE 5/14	WED 5/15	THUR 5/16	FRI 5/17	SAT 5/18	SUN 5/19	
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								9:00
9:30								9:30
10:00	Preschool Swim Lessons		Preschool Swim Lessons			Swim Lessons		10:00
10:30							10:30	
11:00			LiveSTRONG					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				4:00
4:30			Laps/Family Swim		Swim Lessons			4:30
5:00								5:00
5:30								5:30
5:45		Break 5:45-6		Break 5:45-6				5:45
6:00		AquaHigh/DWF		AquaHigh/DWF				6:00
7:00				Swim Lessons				7:00
8:00								8:00
9:00								9:00

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