ALLYN-RIFORD POOL SCHEDULE

Effective 5/13/2024

	MON	TUE	WED	THUR	FRI	SAT	SUN	
9	5/13	5/14	5/15	5/16	5/17	5/18	5/19	
5:00	5, 13	5/17	5,15	5, 10	5,1,	5, 10	5,15	5:00
6:00	Laps/Masters (lanes 4&5)		Laps/Masters (lanes 4&5)		Laps/Masters (lanes 4&5)			6:00
7:00 7:15	Laps		Laps		Laps			7:00
7:30 7:45	Break 7:30-	Laps	Break 7:30-	Laps	Break 7:30-	Lanc		7:30
8:00	Laps		Laps		Laps	Laps	Laps	8:00
8:30 8:45		Break 8:45-9		Break 8:45-9	Break 8:45-9			8:30
9:00	Break 9-9:15		Break 9-9:15		Aquacize/Deep			9:00
9:15 9:30	Aquacize	Aqua HiIT	Aquacize	Aqua Blast	Water Boot Camp			9:30
10:00	Break 10-10:15		Break 10-10:15		Break 10-10:15	Swim Lessons		10:00
10:15 11:00	Laps	Laps	Laps	Laps	Laps	Swim Lessons	Laps/Family	10:15 10:15
11:15 11:30						(lanes 1- 2)/Laps		11.00
11:45	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-			
Noon	Laps	Laps	Laps	Laps	Laps	Laps/Family		Noon
1:00 1:30 PM 1:45 PM 2:00	Laps/Family	Break 1:30- MVPT	Laps/Family	Break 1:30-	Laps/Family			1:00 1:30 2:00 2:30 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 3:30 3:45 PM 4:00		Laps/Family					Laps: lap member swimmers of any age.	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		Adult - For	4.30
5:00 5:45	Laps/Family Laps (lanes 1-	Laps/Family		Break 1. 13 3	Laps/Family		adult members only <u>Family</u> : Open	5:00
6:00 6:30 PM	3)/LG In- Service (lanes 4-6)	Aqua Boot Camp (lanes 1- 4)/Laps	Laps/Family	Laps/Family			swim for all members.	6:00 6:30 PM
7:00	Break 7-7:15	Laps/Family	Break 7-7:15			within arm's read		7:00
7:30	Lifeguard Class (lanes 1-		Lifeguard Class (lanes 1-			adult in the water	It in the pool area	7:30 PM
8:00 8:30	3)/Laps (lanes 4-6)		3)/Laps (lanes 4-6)			and pass the dee a lifejacket, or be an adult within a	accompanied by rm's reach in the	8:00
9:00	,		,			cannot pass the	•	9:00
9.00							anied by an adult th in the water or fejacket.	9.00

EMERSON POOL SCHEDULE

Effective 5/13/2024

MON TUE WED THUR FRI SAT					
5:00 6:00 7:00 7:30 8:00 Laps 8:30 Deep Water Fitness 9:00 Fitness 9:30 Preschool Swim Lessons 10:00 Preschool Swim Lessons 11:00 LiveSTRONG	SUN				
Column	5/19				
7:00 7:30 8:00		5:00			
7:00 7:30 8:00		6:00			
7:30 8:00		0.00			
8:00 Laps 8:30 Deep Water 9:00 Fitness 9:30 10:00 Preschool Swim Lessons 11:00 Noon Laps Laps Deep Water Fitness Preschool Swim Lessons LiveSTRONG LiveSTRONG Laps Deep Water Fitness Swim Lessons		7:00			
8:30 Deep Water 9:00 Fitness Preschool Swim Lessons 11:00 Noon Deep Water Fitness Preschool Swim Lessons LiveSTRONG		7:30			
Deep Water Fitness 9:30 10:00 Preschool Swim Lessons 11:00 Noon Deep Water Fitness Preschool Swim Lessons LiveSTRONG Deep Water Fitness Swim Lessons		8:00			
9:00 Fitness Fitness Fitness Fitness Fitness 9:30 10:00 Preschool Swim Lessons 11:00 LiveSTRONG Noon		8:30			
10:00 Preschool Swim Lessons 11:00 LiveSTRONG Noon Preschool Swim Lessons LiveSTRONG		9:00			
Preschool Swim Lessons LiveSTRONG Noon Preschool Swim Lessons Swim Lessons Swim Lessons		9:30			
10:30 Swim Lessons 11:00 LiveSTRONG Noon		10:00			
11:30 Noon	S	10:30			
Noon		11:00			
		11:30			
12:30	_	Noon			
		12:30			
1:00		1:00			
1:30 PM					
2:00		2:00			
2:30					
2:45 3:00		3:00			
3:30	<u>Laps</u> : lap member	3.00			
4:00	swimmers of any age.	4:00			
4:30 Laps/Family Laps/Family Swim	<u>Adult</u> - For adult	4:30			
5:00 Swim Laps/Family Swim Lassons	members only Family: Open	5:00			
5:30 Swim	swim for all	5:30			
5:45 Break 5:45-6 Break 5:45-6	members.	6.55			
Aquanign/ DWF within arm's reac	er 6 yrs old must be h of supervising adult ildren 6-7 must have	6:00			
7:00 Swim Lessons an adult in the p deep-end test, w accompanied by reach in the water	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'				
must be accompar arm's reach in life	ss the deep-end test nied by an adult within the water or wear a ejacket.				
9:00		9:00			