ALLYN-RIFORD POOL SCHEDULE

5/20/2024 **Effective** WED MON TUE THUR **FRI** SAT SUN 5/20 5/21 5/22 5/23 5/24 5/26 9 5/25 5:00 5:00 6:00 6:00 Laps Laps Laps 7:00 7:00 7:15 7:30 Break 7:30-Laps Break 7:30-Laps Break 7:30-7:30 7:45 Laps 8:00 8:00 Laps Laps Laps 8:30 8:30 Break 8:45-9 Break 8:45-9 Break 8:45-9 8:45 Break 9-9:15 9:00 Break 9-9:15 9:00 Aquacize/Deep 9:15 Aqua HiIT Aqua Blast Water Boot 9:30 Aquacize Aquacize 9:30 Camp 10:00 Break 10-10:15 Break 10-10:15 Break 10-10:15 10:00 **CLOSED FOR** 10:15 10:15 **MEMORIAL** DAY!! ENJOY Laps Laps Laps/Family Laps Laps Laps 11:00 11:00 11:15 11:30 Break 11:45-Break 11:45-Break 11:45-Break 11:45-Break 11:45-11:45 Noon Noon Laps Laps Laps Laps Laps 1:00 1:00 1:30 PM Break 1:30-Break 1:30-1:30 1:45 PM Laps/Family Laps/Family Laps/Family 2:00 2:00 MVPT **MVPT** 2:30 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 3:30 Laps: lap 3:45 PM 3:45 PM Laps/Family Laps/Family Laps/Family Laps/Family Laps/Family member 4:00 4:00 swimmers of any age. 4:30 4:30 Adult- For Break 4:45-5 | Break 4:45-5 | Break 4:45-5 Break 4:45-5 Break 4:45-5 5:00 adult 5:00 members only Laps/Family Laps/Family Family: Open 5:45 Laps/Family Laps/Family Laps/Family swim for all 6:00 6:00 members. Aqua Boot Camp (lanes 1 6:30 PM 6:30 PM 4)/Laps Break 6:45-7 Break 6:45-7 Break 6:45-7 Children under 6 yrs old must be 7:00 7:00 Laps/Family Laps/Family within arm's reach of supervising Lifequard Lifequard adult in the water. Children 6-7 7:30 7:30 PM must have an adult in the pool area Class (lanes 1-Class (lanes 1and pass the deep-end test, wear Lifeguard 8:00 3)/Laps (lanes 3)/Laps (lanes 8:00 a lifejacket, or be accompanied by Class 4-6) 4-6) an adult within arm's reach in the 8:30 water. Children under 5' who cannot pass the deep-end test

9:00

must be accompanied by an adult within arm's reach in the water or wear a lifejacket.

9:00

EMERSON POOL SCHEDULE

Effective 5/20/2024

		Effective	5/20	/2024				
	MON	TUE	WED	THUR	FRI	SAT	SUN	
	5/20	5/21	5/22	5/23	5/24	5/25	5/26	
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		Deep Water		Deep Water			8:30
9:00	Fitness		Fitness		Fitness			9:00
9:30		<u> </u>						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								
2:00								2:00
2:30 2:45								
3:00							<u>Laps</u> : lap	3:00
3:30							member swimmers of	
4:00							any age. <u>Adult</u> - For	4:00
4:30	Laps/Family			Laps/Family Swim			adult	4:30
5:00	Swim	Laps/Family		SWIIII			members only Family: Open	5:00
5:30 5:45		Swim		Break 5:45-6			swim for all members.	5:30
6:00		AquaHigh/DWF		AquaHigh/ DWF		Children under (within arm's reach of in the water. Child	6 yrs old must be of supervising adult	6:00
7:00						an adult in the poo deep-end test, wea accompanied by an reach in the water.	l area and pass the r a lifejacket, or be adult within arm's	7:00
8:00						who cannot pass a must be accompanie arm's reach in the lifeja	the deep-end test d by an adult within e water or wear a	8:00
9:00								9:00