

ALLYN-RIFORD POOL SCHEDULE

Effective **5/20/2024**

	MON 5/20	TUE 5/21	WED 5/22	THUR 5/23	FRI 5/24	SAT 5/25	SUN 5/26							
9														
5:00	Laps	Laps	Laps	Laps	Laps	Laps	Laps	5:00						
6:00								6:00						
7:00								7:00						
7:15								7:15						
7:30	Break 7:30-	Laps	Break 7:30-	Laps	Break 7:30-	Laps	Laps	7:30						
7:45	Laps	Laps	Laps	Laps	Laps	Laps	Laps	8:00						
8:00								8:00						
8:30								8:30						
8:45	Break 8:45-9	Break 8:45-9	Break 8:45-9	Break 8:45-9	Break 8:45-9	Break 8:45-9	Break 8:45-9	9:00						
9:00	Break 9-9:15	Aqua HiIT	Break 9-9:15	Aqua Blast	Aquacize/Deep Water Boot Camp	Laps/Family	CLOSED FOR MEMORIAL DAY!! ENJOY	9:00						
9:15	Aquacize	Aquacize	Aquacize	Aqua Blast	Aquacize/Deep Water Boot Camp			9:30						
9:30														
10:00	Break 10-10:15	Laps	Break 10-10:15	Laps	Break 10-10:15			Laps	10:00					
10:15	Laps		Laps		Laps				Laps	10:15				
11:00	Laps		Laps		Laps				Laps	11:00				
11:15														
11:30														
11:45	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-			Break 11:45-	Break 11:45-					
Noon	Laps	Laps	Laps	Laps	Laps			Laps	Laps	Noon				
1:00	Laps/Family	MVPT	Laps/Family	MVPT	Laps/Family	Laps/Family	Laps/Family	1:00						
1:30 PM								Break 1:30-	Break 1:30-	Break 1:30-	Break 1:30-	Break 1:30-	Break 1:30-	1:30
1:45 PM														
2:00														2:00
2:45 PM								2:30 PM						
3:00	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	3:00						
3:15	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family							
3:30														
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	Break 4:45-5	Break 4:45-5							
5:00	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family							
5:45														
6:00		Aqua Boot Camp (lanes 1-4)/Laps												
6:30 PM	Break 6:45-7	Break 6:45-7	Break 6:45-7	Break 6:45-7	Break 6:45-7	Break 6:45-7	Break 6:45-7	6:30 PM						
7:00	Lifeguard Class (lanes 1-3)/Laps (lanes 4-6)	Laps/Family	Lifeguard Class (lanes 1-3)/Laps (lanes 4-6)	Laps/Family	Lifeguard Class	Laps/Family	Laps/Family	7:00						
7:30														
8:00														
8:30														
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.

EMERSON POOL SCHEDULE

Effective **5/20/2024**

	MON 5/20	TUE 5/21	WED 5/22	THUR 5/23	FRI 5/24	SAT 5/25	SUN 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 Fitness		Deep Water Fitness		Deep Water Fitness			8:30
9:00								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			Laps/Family Swim				4:00
4:30								4:30
5:00		Laps/Family Swim						5:00
5:30								5:30
5:45					Break 5:45-6			5:45
6:00		AquaHigh/DWF		AquaHigh/ DWF				6:00
7:00								7:00
8:00								8:00
9:00								9:00

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Adult- For adult members only
Family: Open swim for all members.

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