

ALLYN-RIFORD POOL SCHEDULE

Effective **7/1/2024**

	MON 7/1	TUE 7/2	WED 7/3	THUR 7/4	FRI 7/5	SAT 7/6	SUN 7/7	
9								
5:00								5:00
6:00	Laps		Laps		Laps			6:00
7:00								7:00
7:15								7:30
7:30	Break 7:30-	Laps	Break 7:30-		Break 7:30-			7:30
7:45						Laps		8:00
8:00	Laps		Laps		Laps			8:30
8:30		Break 8:45-9						8:30
8:45								9:00
9:00	Break 9-9:15		Break 9-9:15		Break 9-9:15			9:30
9:15	Aquacize	Aqua HiIT	Aquacize		Aquacize/Aqua Blast			9:30
9:30								10:00
10:00	Break 10-10:15		Break 10-10:15		Break 10-10:15			10:15
10:15	Laps	Laps	Laps		Laps	Laps/Family	Laps/Family	10:15
11:00								11:00
11:15								11:00
11:30								11:00
11:45	Break 11:45-	Break 11:45-	Break 11:45-		Break 11:45-			11:00
Noon	Laps	Laps	Laps		Laps			Noon
1:00	Break 12:45-		Break 12:45-					Noon
1:30 PM	SACC (lanes 1-3)/Laps (lanes 4-6)	KidVentures(1-2)/ Laps Break 1:30-	SACC (lanes 1-3)/Laps (lanes 4-6)	CLOSED FOR THE 4th OF JULY!! ENJOY!				1:00
1:45 PM								1:30
2:00		MVPT				Laps/Family		2:00
2:45 PM	Laps/Family		Laps/Family					2:30 PM
3:00	Break 3-3:15	Break 3-3:15	Break 3-3:15			Break 3-3:15		2:45 PM
3:15								3:00
3:30								3:45 PM
3:45 PM		Laps/Family				Laps/Family		3:45 PM
4:00	Laps/Family		Laps/Family					4:00
4:30		Break 4:45-5				Break 4:45-5		4:30
5:00					Laps/Family		5:00	
5:45	Break 5:30-		Break 5:30-				5:00	
6:00		Laps/Family					6:00	
6:30 PM	Laps/Family		Laps/Family				6:00	
7:00							6:30 PM	
7:30							7:00	
8:00							7:30 PM	
8:30							8:00	
9:00							8:00	
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.

EMERSON POOL SCHEDULE

Effective **7/1/2024**

	MON 7/1	TUE 7/2	WED 7/3	THUR 7/4	FRI 7/5	SAT 7/6	SUN 7/7	
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	Laps		Town of Niles					9:30
10:00								10:00
10:30	Town of Niles							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								4:00
4:30								4:30
5:00		Laps/Family Swim		CLOSED FOR 4th of JULY!!				5:00
5:30								5:30
5:45								5:45
6:00		AquaHigh/DWF						6:00
7:00								7:00
8:00								8:00
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.