

# ALLYN-RIFORD POOL SCHEDULE

Effective **8/5/2024**

	MON	TUE	WED	THUR	FRI	SAT	SUN	
9	8/5	8/6	8/7	8/8	8/9	8/10	8/11	
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-	Laps	Break 7:30-			7:30
7:45								8:00
8:00	Laps		Laps		Laps	Laps		8:00
8:30								8:30
8:45		Break 8:45-9		Break 8:45-9	Break 8:45-9			9:00
9:00	Break 9-9:15		Break 9-9:15		Break 9-9:15			9:00
9:15	Aquacize	Aqua HIIT	Aquacize	Aqua HIIT	Aquacize/Aqua Blast	Lessons (lanes 1-2)/Laps	Laps/Family	9:30
9:30								10:00
10:00	Break 10-10:15		Break 10-10:15		Break 10-10:15			10:00
10:15	Laps	Laps	Laps	Laps	Laps	Swim Lessons		10:15
11:00								11:00
11:15						Laps/Family		11:00
11:30								11:00
11:45	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-			11:00
Noon	Laps	Laps	Laps	Laps	Laps			Noon
1:00	Break 12:45-		Break 12:45-		Break 12:45-1			1:00
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)	KidVentures(1-2)/ Laps Break 1:30-	SACC (lanes 1-3)/Laps (lanes 4-6)			1:30
1:45 PM								2:00
2:00		MVPT Physical Therapy		MVPT Physical Therapy				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					Laps/Family			3:00
3:30								3:00
3:45 PM		Laps/Family		Laps/Family				3:45 PM
4:00	Laps/Family		Laps/Family	Laps/Family				4:00
4:30		Break 4:45-5		Break 4:45-5	Break 4:30-			4:30
5:00					Laps/Family			5:00
5:45	Break 5:30-		Break 5:30-					5:00
6:00	Lessons (lanes 1-2)/Laps	Laps/Family	Lessons (lanes 1-2)/Laps	Laps/Family				6:00
6:30 PM								6:00
7:00	Laps/Family		Laps/Family	Lessons (lane 6)/Laps				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 **8/5/2024**

	MON 8/5	TUE 8/6	WED 8/7	THUR 8/8	FRI 8/9	SAT 8/10	SUN 8/11	
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								
9:30						Swim Lessons		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								4:00
4:30								4:30
5:00		Swim Lessons		Swim Lessons				5:00
5:30								
5:45								5:45
6:00		AquaHigh/DWF		AquaHigh/DWF				6:00
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.