

ALLYN-RIFORD POOL SCHEDULE

Effective **9/30/2024**

	MON	TUE	WED	THUR	FRI	SAT	SUN				
9	9/30	10/1	10/2	10/3	10/4	10/5	10/6				
5:00	Laps/Masters Lanes 3-5		Laps/Masters Lanes 3-5		Laps/Masters Lanes 3-5			5:00			
6:00								6:00			
7:00	Laps	Laps	Laps	Laps	Laps	Laps		7:00			
7:15	Break 7:30-		Break 7:30-		Break 7:30-			Break 7:30-	7:30		
7:30											
7:45	Laps	Break 8:45-9	Laps	Break 8:45-9	Laps		8:00				
8:30							8:30				
8:45	Break 9-9:15	Aqua HIIT	Break 9-9:15	Aqua HIIT	Aqua HIIT	Aqua HIIT	Aqua HIIT	9:00			
9:15								9:30			
9:30	Aquacize	Laps/Family	Aquacize	Laps	Aquacize	Laps	Laps/Family	9:30			
10:00	Break 10-10:15		Break 10-10:15		Break 10-10:15			Break 10-10:15	Break 10-10:15	Laps/Family	10:00
10:15											10:15
11:00	Laps	Laps	Laps	Laps	Laps	Laps	Laps	11:00			
11:15	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Swim Lessons	Laps/Family	11:00			
11:30								11:45			
11:45	Laps	Laps	Laps	Laps	Laps	Laps	Laps	11:00			
Noon								Noon			
1:00	Laps/Family	Break 1:30-	Laps/Family	Break 1:30-	Laps/Family	Laps/Family	Laps/Family	1:00			
1:30 PM								1:30			
1:45 PM	MVPT	MVPT	MVPT	MVPT	MVPT	MVPT	MVPT	2:00			
2:00								2:00			
2:45 PM	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	2:30 PM			
3:00								2:45 PM			
3:15	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	3:00			
3:30								3:45 PM			
3:45 PM								3:45 PM			
4:00	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	4:00			
4:30								4:30			
5:00	Stingrays	Stingrays	Stingrays	Stingrays	Stingrays	Stingrays	Stingrays	5:00			
5:45								5:00			
6:00								6:00			
6:30 PM								6:30 PM			
7:00								7:00			
7:30								7:30			
8:00								8:00			
8:30								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 **9/30/2024**

	MON 9/30	TUE 10/1	WED 10/2	THUR 10/3	FRI 10/4	SAT 10/5	SUN 10/6	
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							Swim Lessons	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	Laps/Family Swim	Laps/Family Swim				4:00
4:30	Laps/Family Swim	Laps/Family Swim	Laps/Family Swim	Laps/Family Swim				4:30
5:00	Laps/Family Swim	Swim Lessons	Laps/Family Swim	Swim Lessons				5:00
5:30								5:30
5:45								5:45
6:00	Swim Lessons	AquaHigh/DWF	Swim Lessons	AquaHigh/DWF				6:00
7:00	Laps/Family Swim			Laps/Family Swim				7:00
8:00								8:00
9:00								9:00

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