

ALLYN-RIFORD POOL SCHEDULE

Effective **10/28/2024**

	MON	TUE	WED	THUR	FRI	SAT	SUN	
9	10/28	10/29	10/30	10/31	11/1	11/2	11/3	
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	Laps/Family	7:00
7:15	Break 7:30-		Break 7:30-		Break 7:30-			7:30
7:30 7:45	Laps		Laps		Laps			8:00
8:30 8:45	Break 8:45-9	Break 8:45-9	Break 8:45-9	Break 8:45-9	Break 8:45-9			8:30
9:00	Break 9-9:15	Aqua HIIT	Break 9-9:15	Aqua HIIT	Aquacize/Deep Water Boot Camp	Lessons (lanes 1-3)/Laps (lanes 4-6)	Laps/Family	9:00
9:15 9:30	Aquacize		Aquacize		Aquacize			Aquacize/Deep Water Boot Camp
10:00	Break 10-10:15	Laps	Break 10-10:15	Laps	Break 10-10:15	Swim Lessons	Laps/Family	10:00
10:15	Laps		Laps		Laps			Laps
11:00	Laps	Laps	Laps	Laps	Laps	Laps/Family	Laps/Family	11:00
11:15 11:30								11:00
11:45	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-			
Noon	Laps	Laps	Laps	Laps	Laps			Noon
1:00	Laps/Family	Break 1:30-	Laps/Family	Break 1:30-	Laps/Family	Laps/Family	Laps/Family	1:00
1:30 PM 1:45 PM								2:00
2:00		MVPT		MVPT				2:00
2:45 PM								2:30 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/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	3:45 PM
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			4:30
5:00	Stingrays	Stingrays	Stingrays	Laps/Family	Laps/Family	Laps/Family	Laps/Family	5:00
5:45					6:00			
6:00				6:00				
6:30 PM				6:00				
7:00								7:00
7:30								7:30 PM
8:00								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

EMERSON POOL SCHEDULE

Effective **10/28/2024**

	MON 10/28	TUE 10/29	WED 10/30	THUR 10/31	FRI 11/1	SAT 11/2	SUN 11/3	
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	Preschool Swim Lessons		Preschool Swim Lessons		School's Out	Swim Lessons		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	SACC	Laps/Family Swim	Laps/Family Swim				4:00
4:30								4:30
5:00		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
6:30	Laps/Family Swim		Laps/Family Swim					6:30
7:00								7:00
8:00								8:00
9:00								9:00

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