

# ALLYN-RIFORD POOL SCHEDULE

Effective **11/25/2024**

	MON 11/25	TUE 11/26	WED 11/27	THUR 11/28	FRI 11/29	SAT 11/30	SUN 12/1	
9								
<b>5:00</b>	Laps/Masters (Lanes 3-5)		Laps/Masters (Lanes 3-5)		Laps/Masters (Lanes 3-5)			<b>5:00</b>
<b>6:00</b>								<b>6:00</b>
<b>7:00</b>	Laps	Laps	Laps	AquaHiIT	Laps	Laps		<b>7:00</b>
<b>7:15</b>	Break 7:30-		Break 7:30-		Break 7:30-	Break 7:30-		7:30
7:30	Laps	Break 8:45-9	Laps	Laps	Laps	AHS Swim Team	Laps/Family	<b>8:00</b>
7:45								<b>8:00</b>
8:30	Break 9-9:15	Aqua HiIT	Break 9-9:15		Aquacize (lanes 1-3)/Laps (lanes 4-6)	Lessons (lanes 1-3)/Laps (lanes 4-6)	Laps/Family	8:30
8:45								<b>9:00</b>
9:15	Aquacize		Aquacize		Break 10-10:15	Swim Lessons	Laps/Family	9:30
9:30	Break 10-10:15	Break 10-10:15	Break 10-10:15					Break 10-10:15
<b>10:00</b>	Laps	Laps	Laps	C L O S E D  F O R  T H A N K S G I V I N G	Break 11:45-	Laps/Family	Laps/Family	10:15
10:15	<b>11:00</b>							
11:15	Break 11:45-	Break 11:45-	Break 11:45-		Laps	Laps/Family	Laps/Family	<b>11:00</b>
11:30								<b>Noon</b>
11:45	Laps	Laps	Laps		Laps		Laps/Family	<b>Noon</b>
<b>Noon</b>	Laps	Laps	Laps					<b>1:00</b>
<b>1:00</b>	Laps/Family	Break 1:30-	Laps/Family		Laps/Family		Laps/Family	<b>1:00</b>
1:30 PM								<b>2:00</b>
1:45 PM	MVPT				Laps/Family		Laps/Family	<b>2:00</b>
<b>2:00</b>	Break 3-3:15	Break 3-3:15	Break 3-3:15					Break 3-3:15
2:45 PM	Break 3-3:15	Break 3-3:15	Break 3-3:15		AHS Swim Team		Laps/Family	<b>2:45 PM</b>
<b>3:00</b>	AHS Swim Team	AHS Swim Team	AHS Swim Team					Break 3-3:15
3:15	AHS Swim Team	AHS Swim Team	AHS Swim Team		AHS Swim Team		Laps/Family	3:45 PM
3:30								<b>4:00</b>
3:45 PM	Break 4:45-5	Break 4:45-5	Break 4:45-5		Laps/Family		Laps/Family	<b>4:30</b>
<b>4:00</b>	Laps/Family	Laps/Family	Laps/Family					<b>5:00</b>
<b>4:30</b>	Stingrays	Stingrays	Stingrays				Laps/Family	<b>5:00</b>
5:00								<b>6:00</b>
5:45	Stingrays	Stingrays	Stingrays				Laps/Family	<b>6:00</b>
<b>6:00</b>								6:30 PM
6:30 PM	Stingrays	Stingrays	Stingrays				Laps/Family	<b>6:30 PM</b>
<b>7:00</b>								<b>7:00</b>
<b>7:30</b>							Laps/Family	<b>7:30 PM</b>
<b>8:00</b>								<b>8:00</b>
<b>8:30</b>							Laps/Family	<b>8:00</b>
<b>9:00</b>								<b>9:00</b>

**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 **11/25/2024**

	MON 11/25	TUE 11/26	WED 11/27	THUR 11/28	FRI 11/29	SAT 11/30	SUN 12/1	
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		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	Laps/Family Swim	Laps/Family Swim					4:00
4:30								4:30
5:00		Swim Lessons	Laps/Family Swim					5:00
5:30								5:30
5:45								5:45
6:00	Swim Lessons	AquaHigh/DWF	Swim Lessons					6:00
7:00	Laps/Family Swim	Laps/Family Swim	Laps/Family Swim					7:00
8:00								8:00
9:00								9:00

Closed for Thanksgiving

**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.