

# ALLYN-RIFORD POOL SCHEDULE

Effective **12/2/2024**

|              | MON                      | TUE           | WED                      | THUR          | FRI                           | SAT                                   | SUN  |                |
|--------------|--------------------------|---------------|--------------------------|---------------|-------------------------------|---------------------------------------|------|----------------|
|              | 12/2                     | 12/3          | 12/4                     | 12/5          | 12/6                          | 12/7                                  | 12/8 |                |
| 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                          | Laps                                  |      | <b>7:00</b>    |
| <b>7:15</b>  |                          |               |                          |               |                               |                                       |      |                |
| 7:30         | Break 7:30-              | Laps          | Break 7:30-              | Laps          | Break 7:30-                   |                                       |      | 7:30           |
| 7:45         |                          |               |                          |               |                               |                                       |      |                |
| <b>8:00</b>  | Laps                     |               | Laps                     |               | Laps                          | Stingrays (lanes 1-2)/AHS (lanes 3-6) |      | <b>8:00</b>    |
| 8:30         |                          |               |                          |               |                               |                                       |      | 8:30           |
| 8:45         |                          | Break 8:45-9  |                          | Break 8:45-9  | Break 8:45-9                  |                                       |      |                |
| <b>9:00</b>  | Break 9-9:15             |               | Break 9-9:15             |               | Break 9-9:15                  |                                       |      | <b>9:00</b>    |
| 9:15         |                          |               |                          |               |                               |                                       |      |                |
| 9:30         | Aquacize                 | Aqua HIIT     | Aquacize                 | Aqua HIIT     | Aquacize/Deep Water Boot Camp | Lessons (lanes 1-3)/Laps (lanes 4-6)  |      | 9:30           |
| <b>10:00</b> | Break 10-10:15           |               | Break 10-10:15           |               | Break 10-10:15                |                                       |      | <b>10:00</b>   |
| 10:15        |                          |               |                          |               |                               | Swim Lessons                          |      | 10:15          |
| <b>11:00</b> | Laps                     | Laps          | Laps                     | Laps          | Laps                          |                                       |      | <b>11:00</b>   |
| 11:15        |                          |               |                          |               |                               |                                       |      |                |
| 11:30        |                          |               |                          |               |                               |                                       |      |                |
| 11:45        | Break 11:45-             | Break 11:45-  | Break 11:45-             | Break 11:45-  | Break 11:45-                  |                                       |      |                |
| <b>Noon</b>  | Laps                     | Laps          | Laps                     | Laps          | Laps                          |                                       |      | <b>Noon</b>    |
| <b>1:00</b>  |                          |               |                          |               |                               | Stingrays Swim Meet                   |      | <b>1:00</b>    |
| 1:30 PM      |                          | Break 1:30-   |                          | Break 1:30-   |                               |                                       |      | 1:30           |
| 1:45 PM      |                          |               |                          |               |                               |                                       |      |                |
| <b>2:00</b>  | Laps/Family              | MVPT          | Laps/Family              | MVPT          | Laps/Family                   |                                       |      | <b>2:00</b>    |
| 2:45 PM      |                          |               |                          |               |                               |                                       |      | 2:45 PM        |
| <b>3:00</b>  | Break 3-3:15             | Break 3-3:15  | Break 3-3:15             | Break 3-3:15  | Break 3-3:15                  |                                       |      | <b>3:00</b>    |
| 3:15         |                          |               |                          |               |                               |                                       |      |                |
| 3:30         |                          |               | Laps/Family              |               |                               |                                       |      |                |
| 3:45 PM      | AHS Swim Team            | AHS Swim Team |                          | AHS Swim Team | AHS Swim Team                 |                                       |      | 3:45 PM        |
| <b>4:00</b>  |                          |               |                          |               |                               |                                       |      | <b>4:00</b>    |
| <b>4:30</b>  | Break 4:45-5             | Break 4:45-5  |                          | Break 4:45-5  | Break 4:45-5                  |                                       |      | <b>4:30</b>    |
| <b>5:00</b>  |                          |               | AHS Swim Meet            |               | Laps/Family                   |                                       |      | <b>5:00</b>    |
| 5:45         |                          |               |                          |               |                               |                                       |      |                |
| <b>6:00</b>  |                          |               |                          |               |                               |                                       |      | <b>6:00</b>    |
| 6:30 PM      | Stingrays                | Stingrays     |                          | Stingrays     |                               |                                       |      | 6:30 PM        |
| <b>7:00</b>  |                          |               | Stingrays                |               |                               |                                       |      | <b>7:00</b>    |
| <b>7:30</b>  |                          |               |                          |               |                               |                                       |      | <b>7:30 PM</b> |
| <b>8:00</b>  |                          |               |                          |               |                               |                                       |      | <b>8:00</b>    |
| <b>8:30</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 **12/2/2024**

|         | MON<br>12/2 | TUE<br>12/3 | WED<br>12/4 | THUR<br>12/5 | FRI<br>12/6 | SAT<br>12/7 | SUN<br>12/8 |         |
|---------|-------------|-------------|-------------|--------------|-------------|-------------|-------------|---------|
| 5:00    |             |             |             |              |             |             |             | 5:00    |
| 6:00    |             |             |             |              |             |             |             | 6:00    |
| 7:00    |             |             |             |              |             |             |             | 7:00    |
| 7:30    |             |             |             |              |             |             |             | 7:30    |
| 8:00    |             |             |             |              |             |             |             | 8:00    |
| 8:30    |             |             |             |              |             |             |             | 8:30    |
| 9:00    |             |             |             |              |             |             |             | 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    | 4:00        |             |             |              |             |             |             |         |
| 4:30    | 4:30        |             |             |              |             |             |             |         |
| 5:00    | 5:00        |             |             |              |             |             |             |         |
| 5:30    | 5:30        |             |             |              |             |             |             |         |
| 5:45    | 5:45        |             |             |              |             |             |             |         |
| 6:00    | 6:00        |             |             |              |             |             |             |         |
| 7:00    | 7:00        |             |             |              |             |             |             |         |
| 8:00    | 8:00        |             |             |              |             |             |             |         |
| 9:00    | 9:00        |             |             |              |             |             |             |         |

Laps

Deep Water Fitness

Preschool Swim Lessons

Laps

Deep Water Fitness

Preschool Swim Lessons

Laps

Deep Water Fitness

Swim Lessons

Laps/Family Swim

Swim Lessons

Laps/Family Swim

Laps/Family Swim

Swim Lessons

AquaHigh/DWF

Laps/Family Swim

Laps/Family Swim

Swim Lessons

Laps/Family Swim

Laps/Family Swim

Swim Lessons

AquaHigh/DWF

Laps/Family Swim

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