

# ALLYN-RIFORD POOL SCHEDULE

Effective **1/6/2025**

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

**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

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	MON 1/6	TUE 1/7	WED 1/8	THUR 1/9	FRI 1/10	SAT 1/11	SUN 1/12	
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								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		Laps		Laps				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		Laps/Family Swim		Laps/Family Swim				4:30
5:00	Laps/Family Swim		Laps/Family Swim		Laps/Family Swim			5:00
5:30								5:30
5:45								5:45
6:00		AquaHigh/DWF		AquaHigh/DWF				6:00
7:00								7:00
8:00								8:00
9:00								9:00

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