

ALLYN-RIFORD POOL SCHEDULE

Effective **2/3/2025**

	MON 2/3	TUE 2/4	WED 2/5	THUR 2/6	FRI 2/7	SAT 2/8	SUN 2/9	
9								
5:00								5:00
	Laps/Masters (Lanes 3-5)		Laps/Masters (Lanes 3-5)		Laps/Masters (Lanes 3-5)			
6:00								6:00
	Laps		Laps		Laps	Laps		
7:00								7:00
7:15								
7:30	Break 7:30-	Laps	Break 7:30-	Laps	Break 7:30-			7:30
7:45								
8:00	Laps		Laps		Laps	Stingrays/ AHS Swim Team		8:00
8:30								8:30
8:45		Break 8:45-9		Break 8:45-9	Break 8:45-9			
9:00	Break 9-9:15		Break 9-9:15		Break 9-9:15			9:00
9:15		Aqua HIIT		Aqua HIIT	Aquacize/Deep Water Boot Camp	Swim Lessons		9:30
9:30	Aquacize		Aquacize					
10:00	Break 10-10:15		Break 10-10:15		Break 10-10:15			10:00
10:15		Laps		Laps		Swim Lessons (lanes 1- 4)/Laps (lanes 5&6)	Laps/Family	10:15
11:00		Laps		Laps				11:00
11:15								
11:30								
11:45	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-			
Noon	Laps	Laps	Laps	Laps	Laps	Laps/Family		Noon
1:00								1:00
1:30 PM		Break 1:30-		Break 1:30-				1:30
1:45 PM	Laps/Family		Laps/Family		Laps/Family			
2:00		Laps/Family		Laps/Family				2:00
2:45 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								
3:45 PM	AHS Swim Team	AHS Swim Team	AHS Swim Team	AHS Swim Team	AHS Swim Team			3:45 PM
4:00								4:00
4:30	Break 4:45-5	Break 4:45-5	AHS Swim Team	Break 4:45-5	Break 4:45-5			4:30
5:00					Laps/Family			5:00
5:45								
6:00								6:00
6:30 PM	Stingrays	Stingrays	Stingrays	Stingrays	Stingrays			6:30 PM
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 **2/3/2025**

	MON 2/3	TUE 2/4	WED 2/5	THUR 2/6	FRI 2/7	SAT 2/8	SUN 2/9	
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			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								4:00
4:30	Laps/Family Swim	Laps/Family Swim	Laps/Family Swim	Laps/Family Swim	BTW Rental			4:30
5:00								5:00
5:30		Swim Lessons			Swim Lessons			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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