

# ALLYN-RIFORD POOL SCHEDULE

Effective **4/14/2025**

	MON 4/14	TUE 4/15	WED 4/16	THUR 4/17	FRI 4/18	SAT 4/19	SUN 4/20	
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			<b>7:00</b>
<b>7:15</b>								7:30
7:30	Break 7:30-	Laps	Break 7:30-	Laps	Break 7:30-			7:30
7:45	Laps		Laps		Laps			Laps
8:00		8:30						
8:30	Break 8:45-9	Laps	Break 8:45-9	Laps	Break 8:45-9	Laps		8:30
8:45								<b>9:00</b>
<b>9:00</b>	Break 9-9:15	Aqua HIIT	Break 9-9:15	Aqua HIIT	Break 9-9:15	Aquacize/Deep Water Boot Camp		<b>9:00</b>
9:15	Aquacize		Aquacize		Aquacize			Aquacize
9:30		Break 10-10:15		Laps		Laps	Laps	
<b>10:00</b>	10:15							
10:15	Laps	Laps	Laps	Laps	Laps	Laps	Laps	10:15
<b>11:00</b>								<b>11:00</b>
11:15	Laps	Laps	Laps	Laps	Laps	Laps	Laps	<b>11:00</b>
11:30								<b>11:00</b>
11:45	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Laps/Family		<b>11:00</b>
<b>Noon</b>	LG In-Service (lanes 3- 6)/Laps (lanes 1-2)	Laps	Laps	Laps	Laps			Laps
<b>1:00</b>						<b>1:00</b>		
1:30 PM	Laps/Family	Break 1:30-	Laps/Family	Break 1:30-	Laps/Family	Laps/Family	Laps/Family	1:30
1:45 PM		<b>2:00</b>						
<b>2:00</b>	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	<b>2:00</b>
2:45 PM								2:30 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	Laps/Family	Laps/Family	<b>3:00</b>
3:15	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			Laps/Family
3:30						<b>4:00</b>		
3:45 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	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	Break 4:45-5	Laps/Family	Laps/Family	<b>4:30</b>
<b>5:00</b>	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			Laps/Family
5:45						<b>6:00</b>		
<b>6:00</b>	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	<b>6:00</b>
6:30 PM								6:30 PM
<b>7:00</b>	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	<b>7:00</b>
<b>7:30</b>								7:30 PM
<b>8:00</b>	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	<b>8:00</b>
<b>8:30</b>								Laps/Family
<b>9:00</b>	<b>9:00</b>							

Building  
Closed For  
Easter

**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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5:00								5:00
6:00								6:00
7:00								7:00
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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
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5:45								5:45
6:00								6:00
7:00								7:00
8:00								8:00
9:00								9:00

Laps  
  
Deep Water  
Fitness

Laps  
  
Deep Water  
Fitness

Laps  
  
Deep Water  
Fitness

School's Out    School's Out    School's Out    School's Out    School's Out

Laps/Family  
Swim  
  
AquaHigh/  
DWF

Laps/Family  
Swim  
  
AquaHigh/  
DWF

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