

ALLYN-RIFORD POOL SCHEDULE

Effective 4/28/2025

	MON 4/28	TUE 4/29	WED 4/30	THUR 5/1	FRI 5/2	SAT 5/3	SUN 5/24										
9																	
5:00	Laps		Laps		Laps			5:00									
6:00								6:00									
7:00								7:00									
7:15																	
7:30	Break 7:30-	Laps	Break 7:30-	Laps	Break 7:30-	Laps		7:30									
7:45	Laps							Laps	Laps	8:00							
8:00																	
8:30																	
8:45	Break 8:45-9	Break 8:45-9	Break 8:45-9	Break 8:45-9	Swim Lessons (lanes 5&6)/Laps (lanes 1-4)	Laps/Family	8:30										
9:00	Break 9-9:15	Break 9-9:15	Aqua HiIT	Aquacize/Deep Water Boot Camp			9:00										
9:15	Aquacize	Aqua HiIT	Aquacize	Aqua HiIT			Swim Lessons (lanes 1-4)/Laps	9:30									
9:30								10:00									
10:00	Break 10-10:15	Laps	Break 10-10:15	Laps	Break 10-10:15	Special Olympics Swim Meet		10:00									
10:15	Laps		Laps		Laps			Laps	10:15								
11:00									Laps	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-	Special Olympics Swim Meet											
Noon	Laps	Laps	Laps	Laps	Laps			Noon									
1:00									Laps/Family	Laps/Family	Laps/Family	Laps/Family	1:00				
1:30 PM														Break 1:30-	Laps/Family	Laps/Family	Laps/Family
1:45 PM																	
2:00	Laps/Family	Laps/Family	Laps/Family	Laps/Family	2:00												
2:45 PM								Laps/Family	Laps/Family	Laps/Family	Laps/Family	2:30 PM					
													Laps/Family	Laps/Family	Laps/Family	Laps/Family	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	Laps: lap member swimmers of any age. Adult- For adult members only Family: Open swim for all members.											
3:15	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			Laps: lap member swimmers of any age. Adult- For adult members only Family: Open swim for all members.		3:45 PM							
3:30																	
3:45 PM																	
4:00						Break 4:45-5	Break 4:45-5				Break 4:45-5	Break 4:45-5	Break 4:45-5	4:00			
4:30	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	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		4:30									
5:00								Laps/Family	Laps/Family	Laps/Family	Laps/Family	5:00					
5:45													Laps/Family	Laps/Family	Laps/Family	Laps/Family	6:00
6:00																	
6:30 PM								7:00									
7:00								7:30 PM									
7:30									8:00								
8:00										9:00							
8:30																	
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 4/28/2025

	MON 4/28	TUE 4/29	WED 4/30	THUR 5/1	FRI 5/2	SAT 5/3	SUN 5/4	
5:00								5:00
6:00								6:00
7:00								7:00
7:30	Laps		Laps		Laps			7:30
8:00	Deep Water Fitness		Deep Water Fitness		Deep Water Fitness	Swim Lessons		8:00
8:30								8:30
9:00								9:00
9:30								9:30
10:00								10:00
10:30								10:30
11:00						Swim Lessons		11:00
11:30			LiveSTRONG					11:30
Noon								Noon
12:30								12:30
1:00								1:00
1:30 PM								
2:00								2:00
2:30								
2:45								
3:00								3:00
3:30								
4:00	Laps/Family Swim	Laps/Family Swim	Laps/Family Swim	Laps/Family Swim				4:00
4:30		Swim Lessons	Laps/Family Swim	Swim Lessons				4:30
5:00		AquaHigh/DWF		AquaHigh/DWF				5:00
5:30								5:30
5:45								
6:00	Swim Lessons							6:00
7:00	Laps/Family Swim							7:00
8:00								8:00
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 lifejacket.