

ALLYN-RIFORD POOL SCHEDULE

Effective 5/12/2025

	MON 5/12	TUE 5/13	WED 5/14	THUR 5/15	FRI 5/16	SAT 5/17	SUN 5/18	
9								
5:00								5:00
6:00	Laps		Laps		Laps			6:00
7:00								7:00
7:15								
7:30	Break 7:30-	Laps	Break 7:30-	Laps	Break 7:30-			7:30
7:45						Laps		
8:00	Laps		Laps		Laps			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		Aquacize/Deep Water Boot Camp	Swim Lessons (lanes 5&6)/Laps (lanes 1-4)		9:00
9:15	Aquacize	Aqua HiIT	Aquacize	Aqua HiIT				9:30
9:30								
10:00	Break 10-10:15		Break 10-10:15		Break 10-10:15	Swim Lessons/LG Recertification		10:00
10:15		Laps	Laps	Laps	Laps			10:15
11:00	Laps		Laps		Laps			11:00
11:15						Family (lanes 1&2)/Laps (lanes 3&4)/LG Recert (lanes 5&6)		
11:30								
11:45	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-			
Noon	Laps	Laps	Closed for Training	Laps	Laps			Noon
1:00								1:00
1:30 PM		Break 1:30-		Break 1:30-				1:30
1:45 PM	Laps/Family				Laps/Family			
2:00		Laps/Family	Laps/Family	Laps/Family				2:00
2:30 PM								2:30 PM
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	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			3:45 PM
4:00								4:00
4:30	Break 4:45-5	Break 4:45-5	Break 4:45-5	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	Laps/Family	Laps/Family	Laps/Family	Laps/Family				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 5/12/2025

	MON 5/12	TUE 5/13	WED 5/14	THUR 5/15	FRI 5/16	SAT 5/17	SUN 5/18	
5:00								5:00
6:00								6:00
7:00								7:00
7:30	Laps		Laps		Laps			7:30
8:00								8:00
8:30	Deep Water Fitness		Deep Water Fitness		Deep Water Fitness			8:30
9:00						Swim Lessons		9:00
9:30								9:30
10:00								10:00
10:30								10:30
11:00						Swim Lessons		11:00
11:30								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				BTW Rental			4:00
4:30								4:30
5:00		Swim Lessons		Swim Lessons				5:00
5:30								5:30
5:45								
6:00	Swim Lessons	AquaHigh/ DWF		AquaHigh/ DWF				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.