

ALLYN-RIFORD POOL SCHEDULE

Effective 5/19/2025

	MON 5/19	TUE 5/20	WED 5/21	THUR 5/22	FRI 5/23	SAT 5/24	SUN 5/25	
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			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	Laps/Family		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-	SCUBA (lanes 1-3)/Laps (4-6)		
Noon	Laps	Laps	Laps	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		Laps/Family			
2:00		Laps/Family		Laps/Family				2:00
2:45 PM								2:30 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	Laps/Family	Laps/Family	Laps/Family	Laps/Family				6:00
6:30 PM								6:30 PM
7:00								7:00
7:30								7:30 PM
8:00								8:00
8:30								
9:00								9:00

CLOSED FOR
MEMORIAL
DAY

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 5/19/2025

	MON 5/19	TUE 5/20	WED 5/21	THUR 5/22	FRI 5/23	SAT 5/24	SUN 5/25								
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								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															
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								5:00							
5:30			Swim Lessons			Swim Lessons	<div><div><div>Laps: lap member swimmers of any age.</div><div>Adult- For adult members only</div><div>Family: Open swim for all members.</div></div><div>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.</div></div>	5:30							
5:45															
6:00	Swim Lessons	AquaHigh/ DWF			AquaHigh/ DWF			6:00							
7:00								7:00							
8:00								8:00							
9:00								9:00							

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