ALLYN-RIFORD POOL SCHEDULE

Effective 6/2/2025

9	MON 6/2	TUE 6/3	WED 6/4	THUR 6/5	FRI 6/6	SAT 6/7	SUN 6/8	
5:00	0/2	3/3	5 / 4	0,5	<u> </u>	0/1	0,0	5:00
6:00								6:00
0.00	Laps		Laps		Laps			0.00
	·		·		·			
7.00							1	7.00
7:00 7:15								7:00
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	Laps		Laps					8:30
8:45		Break 8:45-9		Break 8:45-9	Break 8:45-9			0.00
9:00	Break 9-9:15		Break 9-9:15		Aquacize/Deep	Swim Lessons		9:00
9:15	Aguacizo	Aqua HiIT	Aguacizo	Aqua HiIT	Water Boot	(lanes		0.20
9:30	Aquacize		Aquacize		Camp	5&6)/Family (1-2)/Laps (3-		9:30
10:00	Break 10-10:15		Break 10-10:15		Break 10-10:15	T Z // Laus (3	Laps/Family	10:00
10:15						Swim Lessons		10:15
		Lanc		Lanc		Swiiii Eessonis		
11:00	Laps	Laps	Laps	Laps	Laps			11:00
11:15								11.00
11:30						SCUBA (lanes		
11:45	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	1-3)/Laps (4-		
Noon						<i>"</i> 6) `		Noon
	Laps	1	Laps		Laps			
		Laps		Laps				
1:00								1:00
1:30 PM		Break 1:30-		Break 1:30-				1:30
1:45 PM		DIEdk 1.50-		Dieak 1.30-				1.30
2:00	Laps/Family		Laps/Family		Laps/Family			2:00
		Laps/Family		Laps/Family				
2:45 PM								2:30 PM
3:00	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15			2:45 PM 3:00
3:15	2.00.0 0.10	2.00.0	2.00.0 0.110	2.00.0	2.0ax 0 0.120			5.00
3:30							Laps: lap	
3:45 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family		member	3:45 PM
4:00			,				swimmers of	4:00
4:30							any age.	4:30
	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5		Adult - For	
5:00							adult	5:00
					Laps/Family		members only	
5:45							Family: Open swim for all	
6:00							members.	6:00
6.00.51	Laps/Family	Laps/Family	Laps/Family	Laps/Family				6.00.5::
6:30 PM								6:30 PM
7:00						Children under	r 6 yrs old must	7:00
						be within ar	m's reach of	
7:30							ult in the water. ust have an adult	7:30 PM
0.00							and pass the deep-	0.00
8:00						end test, wear a	a lifejacket, or be	8:00
8:30							y an adult within e water. Children	
							cannot pass the	
9:00							est must be	9:00
							y an adult within e water or wear a	
						arins reach in th	e water of wear a	

EMERSON POOL SCHEDULE

Effective 6/2/2025

	MON	TUE	WED	THUR	FRI	SAT	SUN	
F.00	6/2	6/3	6/4	6/5	6/6	6/7	6/8	F:00
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		Deep Water	-	Deep Water	_		8:30
9:00	Fitness		Fitness		Fitness	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								2:00
2:45								
3:00							<u>Laps</u> : lap	3:00
3:30							member swimmers of	
4:00							any age. <u>Adult</u> - For	4:00
4:30	Laps/Family						adult	4:30
5:00	Laps/Tallilly						members only Family: Open	5:00
5:30		Swim Lessons		Swim Lessons			swim for all members.	5:30
5:45 6:00							members.	6:00
5.50	Swim Lessons	AquaHigh/ DWF		AquaHigh/ DWF		within arm's reach	6 yrs old must be of supervising adult lren 6-7 must have	
7:00						an adult in the poor deep-end test, were accompanied by an reach in the water.	ol area and pass the ar a lifejacket, or be a adult within arm's Children under 5'	7:00
8:00						must be accomp within arm's reach	the deep-end test anied by an adult in the water or wear acket.	8:00
9:00								9:00