

ALLYN-RIFORD POOL SCHEDULE

Effective 6/2/2025

	MON 6/2	TUE 6/3	WED 6/4	THUR 6/5	FRI 6/6	SAT 6/7	SUN 6/8	
9	6/2	6/3	6/4	6/5	6/6	6/7	6/8	
5:00	Laps	Laps	Laps	Laps	Laps	Laps	Laps/Family	5:00
6:00								6:00
7:00								7:00
7:15								7:30
7:30								7:30
7:45	Laps	Laps	Laps	Laps	Laps	Laps	Laps/Family	8:00
8:00								8:30
8:30								9:00
8:45								9:30
9:00								9:30
9:15	Aquacize	Aqua HiIT	Aquacize	Aqua HiIT	Aquacize/Deep Water Boot Camp	Swim Lessons (lanes 5&6)/Family (1-2)/Laps (3-4)	Laps/Family	10:00
9:30	10:00							
10:00	10:15							
10:15	11:00							
11:00	11:15							
11:15	Laps	Laps	Laps	Laps	Laps	Swim Lessons	Laps/Family	11:00
11:30								11:45
11:45								12:00
12:00								12:15
12:15								12:30
12:30	12:45							
12:45	1:00	1:30	1:45	2:00	2:15	2:30	Laps/Family	1:00
1:00	1:30							
1:30 PM	1:45 PM							
1:45 PM	2:00							
2:00	2:30 PM							
2:30 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	2:45 PM
2:45 PM								3:00
3:00								3:15
3:15								3:30
3:30								3:45 PM
3:45 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	3:45 PM
4:00								4:00
4:30								4:30
4:45								5:00
5:00								5:45
5:45	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	6:00
6:00								6:30 PM
6:30 PM								7:00
7:00								7:30 PM
7:30								8:00
8:00	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	9:00
8:30								9:30
9:00								10:00
9:30								10:30
10:00								10:45

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 6/2/2025

	MON 6/2	TUE 6/3	WED 6/4	THUR 6/5	FRI 6/6	SAT 6/7	SUN 6/8		
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	Swim Lessons			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							4:00	
4:30								4:30	
5:00								5:00	
5:30			Swim Lessons					5:30	
5:45									
6:00	Swim Lessons	AquaHigh/ DWF			AquaHigh/ DWF			6:00	
7:00			<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>			7:00			
8:00						8:00			
9:00								9:00	

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