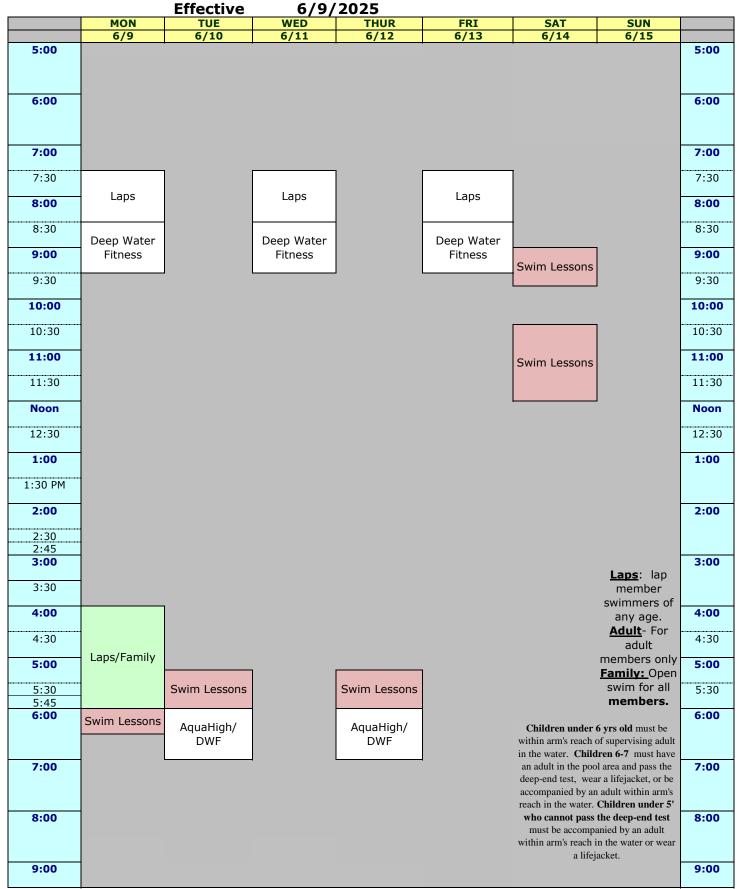
ALLYN-RIFORD POOL SCHEDULE Effective 6/9/2025								
	MON	TUE	WED	THUR	FRI	SAT	SUN	
9	6/9	6/10	6/11	6/12	6/13	6/14	6/15	
5:00			BOGA Fit Trial					5:00
6:00	Laps				Laps			6:00
7:00 7:15			Laps					7:00
7:30 7:45	Break 7:30-	Laps	Break 7:30-	Laps	Break 7:30-			7:30
8:00	Laps		Laps		Laps	Laps		8:00
8:30 8:45		Break 8:45-9		Break 8:45-9	Break 8:45-9			8:30
9:00	Break 9-9:15		Break 9-9:15		Aquacize/Deep	Swim Lessons		9:00
9:15 9:30	Aquacize	Aqua HiIT	Aquacize	Aqua HiIT	Water Boot Camp	(lanes 5&6)/Family (1-2)/Laps (3	Laps/Family	9:30
	Break 10-10:15		Break 10-10:15		Break 10-10:15			10:00
10:15	Laps	Laps	Laps	Laps	Laps	Swim Lessons		10:15
11:00 11:15 11:30					BOGA Fit Trial			11:00
11:45	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	SCUBA (lanes		
Noon	Laps		Laps		Laps	1-3)/Laps (4- 6)		Noon
1:00		Laps		Laps				1:00
1:30 PM		Break 1:30-		Break 1:30-				1:30
1:45 PM 2:00	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family		2:00
2:45 PM								2:45 PM
3:00 3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15			3:00
3:30 3:45 PM 4:00	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family		Laps: lap member swimmers of any age.	3:45 PM 4:00
4:30	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5		Adult - For	4:30
5:00 5:45		Family& Laps (1-3)/LG In- Service (lanes 4-6)			Laps/Family		adult members only Family: Open swim for all	5:00
6:00							swim for all members.	6:00
6:30 PM	Laps/Family		Laps/Family	Laps/Family			members.	6:30 PM
7:00		Laps/Family				Children under be within ar supervising add	7:00 7:30 PM	
						Children 6-7 m	iust have an adult and pass the deep-	
8:00 8:30						end test, wear a accompanied by	a lifejacket, or be y an adult within	8:00
9:00						under 5' who deep-end t	e water. Children cannot pass the est must be y an adult within	9:00
							e water or wear a	



EMERSON POOL SCHEDULE