

# ALLYN-RIFORD POOL SCHEDULE

Effective 6/9/2025

	MON 6/9	TUE 6/10	WED 6/11	THUR 6/12	FRI 6/13	SAT 6/14	SUN 6/15																						
9	6/9	6/10	6/11	6/12	6/13	6/14	6/15																						
5:00	Laps		BOGA Fit Trial		Laps			5:00																					
6:00								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	Laps	Laps	Laps	Laps/Family	8:00																							
8:00						8:30																							
8:30						Break 8:45-9	Break 8:45-9	Break 8:45-9		Swim Lessons (lanes 5&6)/Family (1-2)/Laps ( 3-4)		9:00																	
8:45						Break 9-9:15	Break 9-9:15	Aqua HiIT		Aqua HiIT		Aqua HiIT	Aqua HiIT	9:30															
9:00									Aquacize		Aquacize			Aquacize	Aquacize	Aquacize	10:00												
9:15	Break 10-10:15	Break 10-10:15	Break 10-10:15	Break 10-10:15	Break 10-10:15				Break 10-10:15		10:15																		
9:30											Laps			Laps	Laps	Laps	Laps	Laps	11:00										
10:00																			Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	11:00			
10:15						Laps	Laps	Laps		Laps		Laps	Laps													Laps	11:00		
11:00																											BOGA Fit Trial	SCUBA (lanes 1-3)/Laps (4-6)	SCUBA (lanes 1-3)/Laps (4-6)
11:15	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-				Break 11:45-																				
11:30											Break 11:45-			Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-											
11:45																			Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-				
Noon						Laps	Laps	Laps		Laps		Laps	Laps													Laps			
1:00																											Laps	Laps	Laps
1:30 PM	Laps	Laps	Laps	Laps	Laps				Laps																				
1:45 PM											Laps			Laps	Laps	Laps	Laps	Laps											
2:00																			Laps	Laps	Laps	Laps	Laps	Laps	Laps				
2:45 PM						Laps	Laps	Laps		Laps		Laps	Laps													Laps			
3:00																											Laps	Laps	Laps
3:15	Laps	Laps	Laps	Laps	Laps				Laps																				
3:30											Laps			Laps	Laps	Laps	Laps	Laps											
3:45 PM																			Laps	Laps	Laps	Laps	Laps	Laps	Laps				
4:00						Laps	Laps	Laps		Laps		Laps	Laps													Laps			
4:30																											Laps	Laps	Laps
5:00	Laps	Laps	Laps	Laps	Laps				Laps																				
5:45											Laps			Laps	Laps	Laps	Laps	Laps											
6:00																			Laps	Laps	Laps	Laps	Laps	Laps	Laps				
6:30 PM						Laps	Laps	Laps		Laps		Laps	Laps													Laps			
7:00																											Laps	Laps	Laps
7:30	Laps	Laps	Laps	Laps	Laps				Laps																				
8:00											Laps			Laps	Laps	Laps	Laps	Laps											
8:30																			Laps	Laps	Laps	Laps	Laps	Laps	Laps				
9:00						Laps	Laps	Laps		Laps		Laps	Laps													Laps			

**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 6/9/2025

	MON 6/9	TUE 6/10	WED 6/11	THUR 6/12	FRI 6/13	SAT 6/14	SUN 6/15		
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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