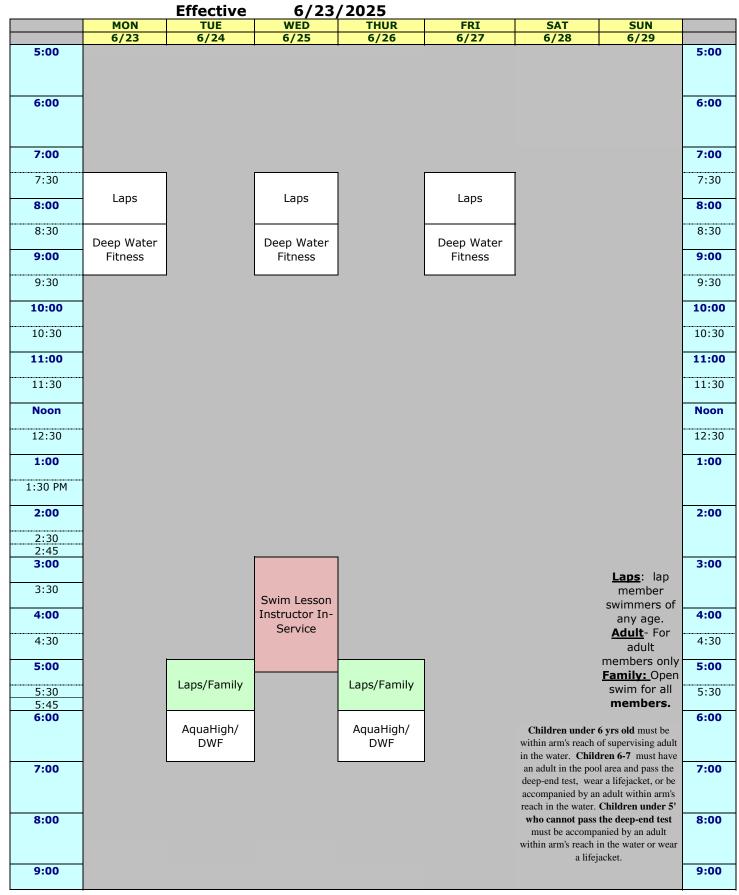
ALLYN-RIFORD POOL SCHEDULE

		Effective		/2025				
	MON	TUE	WED	THUR	FRI	SAT	SUN	
9	6/23	6/24	6/25	6/26	6/27	6/28	6/29	
5:00								5:00
7:00	Laps		Laps		Laps			7:00
7:15 7:30 7:45	Break 7:30-	Laps	Break 7:30-	Laps	Break 7:30-			7:30
8:00	Laps	Break 8:45-9	Laps	Break 8:45-9	Laps	Laps		8:00
8:30 8:45					Break 8:45-9			8:30
9:00 9:15 9:30	Break 9-9:15 Aquacize	Aqua HiIT	Break 9-9:15 Aquacize	Aqua HiIT	Aquacize/Deep Water Boot Camp			9:00 9:30
10:00 10:15	Break 10-10:15		Break 10-10:15		Break 10-10:15	Laps/Family	Laps/Family	10:00 10:15
11:00	Laps	Laps	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		
Noon	DIEak II.43	DIEak II.45	DIECK II.45	DIEak 11.45	DIEak II.45	1-3)/Laps (4-		Noon
1:00	Laps	Laps	Laps	Laps	Laps	6)		1:00
1:30 PM 1:45 PM 2:00 2:45 PM	Laps/Family	Break 1:30- Laps/Family	Laps/Family	Break 1:30- Laps/Family	Laps/Family	Laps/Family		1:30 1:30 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 4:00 4:30	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family		Laps: lap member swimmers of any age.	3:45 PM 4:00 4:30
5:00	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5		<u>Adult</u> - For adult	5:00
5:45 6:00	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family		members only Family: Open swim for all members.	6:00
6:30 PM							includers.	6:30 PM
7:00 7:30						Children under 6 yrs old must be within arm's reach of supervising adult in the water.		
8:00						Children 6-7 m in the pool area a end test, wear a		8:00
8:30						accompanied by arm's reach in the under 5' who c	an adult within water. Children	
9:00						deep-end te accompanied by arm's reach in the	est must be an adult within	9:00



EMERSON POOL SCHEDULE