

ALLYN-RIFORD POOL SCHEDULE

Effective 6/23/2025

| | MON 6/23 | TUE 6/24 | WED 6/25 | THUR 6/26 | FRI 6/27 | SAT 6/28 | SUN 6/29 | | | | | | | | | | | | | |
|---------|----------------|--------------|----------------|--------------|----------------|------------------------------|-------------|--------------|--------------|-------------------------------|--------------|--------------|-------------|-------------|-------------|---------|--|--|--|------|
| 9 | 6/23 | 6/24 | 6/25 | 6/26 | 6/27 | 6/28 | 6/29 | | | | | | | | | | | | | |
| 5:00 | Laps | | Laps | | Laps | | | 5:00 | | | | | | | | | | | | |
| 6:00 | | | | | | | | 6:00 | | | | | | | | | | | | |
| 7:00 | | | | | | | | 7:30 | 7:00 | | | | | | | | | | | |
| 7:15 | | | | | | | | | | | | | | | | | | | | |
| 7:30 | | | | | | | | | | | | | | | | | | | | |
| 7:45 | Break 7:30- | Laps | Break 7:30- | Laps | Break 7:30- | Laps | 7:30 | | | | | | | | | | | | | |
| 8:00 | Laps | | Laps | | Laps | Laps | | 8:00 | | | | | | | | | | | | |
| 8:30 | | | | | | | | 8:30 | | | | | | | | | | | | |
| 8:45 | | | | | | | | Break 8:45-9 | Break 8:45-9 | Break 8:45-9 | Break 8:45-9 | | | | | | | | | |
| 9:00 | | | | | | | | Break 9-9:15 | Break 9-9:15 | Aquacize/Deep Water Boot Camp | Laps/Family | Laps/Family | 9:00 | | | | | | | |
| 9:15 | | | | | | | | Aquacize | Aqua HiIT | Aquacize | Aqua HiIT | | | 9:30 | | | | | | |
| 9:30 | | | | | | | | | | | | | | | | | | | | |
| 10:00 | Break 10-10:15 | Laps | Break 10-10:15 | Laps | Break 10-10:15 | Laps/Family | Laps/Family | 10:00 | | | | | | | | | | | | |
| 10:15 | Laps | | Laps | | Laps | | | Laps | 10:15 | | | | | | | | | | | |
| 11:00 | | | | | | | | | | 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 1-3)/Laps (4-6) | | | | | | | | | | | | | | |
| Noon | Laps | Laps | Laps | Laps | Laps | | | Noon | | | | | | | | | | | | |
| 1:00 | Laps/Family | | Laps/Family | | Laps/Family | | | Laps/Family | Laps/Family | 1:00 | | | | | | | | | | |
| 1:30 PM | | | | | | | | | | | Break 1:30- | Break 1:30- | | 1:30 | | | | | | |
| 1:45 PM | | | | | | | | | | | Laps/Family | Laps/Family | Laps/Family | Laps/Family | Laps/Family | 2:00 | | | | |
| 2:00 | | | | | | | | | | | | | | | | 2:30 PM | | | | |
| 2:45 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 | Laps/Family | Laps/Family | Laps/Family | Laps/Family | Laps/Family | | | 3:45 PM | | | | | | | | | | | | |
| 3:30 | | | | | | | | 4:00 | | | | | | | | | | | | |
| 3:45 PM | | | | | | | | 4:30 | | | | | | | | | | | | |
| 4:00 | | | | | | | | Break 4:45-5 | Break 4:45-5 | Break 4:45-5 | Break 4:45-5 | Break 4:45-5 | 5:00 | | | | | | | |
| 4:30 | Laps/Family | Laps/Family | Laps/Family | Laps/Family | Laps/Family | | | 5:00 | | | | | | | | | | | | |
| 5:00 | | | | | | | | 5:45 | | | | | | | | | | | | |
| 5:45 | | | | | | | | 6:00 | | | | | | | | | | | | |
| 6:00 | | | | | | | | 6:30 PM | | | | | | | | | | | | |
| 6:30 PM | | | | | | | | | | | | | | | 7:00 | | | | | |
| 7:00 | | | | | | | | 7:30 PM | | | | | | | | | | | | |
| 7:30 | | | | | | | | 8:00 | | | | | | | | | | | | |
| 8:00 | | | | | | | | | | | | | | 8:00 | | | | | | |
| 8:30 | | | | | | | | | | | | | | | | | | | | 9:00 |
| 9:00 | | | | | | | | | | | | | | | | | | | | |

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 6/23/2025

| | MON 6/23 | TUE 6/24 | WED 6/25 | THUR 6/26 | FRI 6/27 | SAT 6/28 | SUN 6/29 | |
|---------|--------------------|--------------|-----------------------------------|--------------|--------------------|-------------|-------------|-------|
| 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 Fitness | | Deep Water Fitness | | Deep Water Fitness | | | 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 | | | Swim Lesson Instructor In-Service | | | | | 4:00 |
| 4:30 | | | | | | | | 4:30 |
| 5:00 | | Laps/Family | | Laps/Family | | | | 5:00 |
| 5:30 | | | | | | | | 5:30 |
| 5:45 | | | | | | | | |
| 6:00 | | AquaHigh/DWF | | AquaHigh/DWF | | | | 6:00 |
| 7:00 | | | | | | | | 7:00 |
| 8:00 | | | | | | | | 8:00 |
| 9:00 | | | | | | | | 9:00 |

Laps: lap member swimmers of any age.
Adult- For adult members only
Family: Open swim for all members.

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