

# ALLYN-RIFORD POOL SCHEDULE

## Effective 6/30/2025

	MON 6/30	TUE 7/1	WED 7/2	THUR 7/3	FRI 7/4	SAT 7/5	SUN 7/6	
9								
5:00								5:00
6:00	Laps		Laps					6:00
7:00								7:00
7:15								
7:30	Break 7:30-	Laps	Break 7:30-	Laps		Laps		7:30
7:45								
8:00	Laps		Laps					8:00
8:30								8:30
8:45		Break 8:45-9		Break 8:45-9				
9:00	Break 9-9:15		Break 9-9:15					9:00
9:15		Aqua HiIT		Aqua HiIT				9:30
9:30	Aquacize		Aquacize					
10:00	Break 10-10:15		Break 10-10:15					10:00
10:15		Laps		Laps		Laps/Family	Laps/Family	10:15
11:00	Laps		Laps					11:00
11:15								
11:30								
11:45	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-				
Noon	Laps	Laps	Laps	Laps				Noon
1:00								1:00
1:30 PM								1:30
1:45 PM								
2:00	Laps/Family	SACC (lanes 1-2)/Laps (lanes 3-6)	Laps/Family	SACC (lanes 1-2)/Laps (lanes 3-6)				2:00
2:45 PM								2:30 PM
3:00	Break 3-3:15		Break 3-3:15					2:45 PM
3:15								3:00
3:30								
3:45 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family				3:45 PM
4:00								4:00
4:30	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5				4:30
5:00				Laps/Family				5:00
5:45								
6:00	Laps/Family	Laps/Family	Laps/Family	AquaHigh/ DWF				6:00
6:30 PM								6:30 PM
7:00								7:00
7:30								7:30 PM
8:00								8:00
8:30								
9:00								9:00

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**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

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5:00								5:00				
6:00								6:00				
7:00								7:00				
7:30	Laps			Laps	CLOSED FOR THE 4th OF JULY!!			7:30				
8:00								8:00				
8:30								8:30				
9:00	Deep Water Fitness			Deep Water Fitness				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												
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5:00								5:00				
5:30								5:30				
5:45												
6:00		Laps/Family						6:00				
7:00		AquaHigh/ DWF						7:00				
8:00								8:00				
9:00								9:00				

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