

ALLYN-RIFORD POOL SCHEDULE

Effective 7/21/2025

	MON 7/21	TUE 7/22	WED 7/23	THUR 7/24	FRI 7/25	SAT 7/26	SUN 7/27	
9								
5:00								5:00
6:00	Laps		Laps		Laps			6:00
7:00								7:00
7:15	Break 7:15 -		Break 7:30-		Break 7:30-			7:30
7:30	BOGA Boot Camp	Laps		Laps	Break 7:30-	Laps		8:00
7:45			Laps		Laps			8:30
8:00								9:00
8:30	Laps	Break 8:45-9	Break 9-9:15	Break 8:45-9	Break 8:45-9	Lessons (1-2)/Laps (3)/SCUBA (4-6)		9:30
8:45								10:00
9:00	Aquacize/Laps (lanes 5&6)	Aqua HiIT	Aquacize	Aqua HiIT	Aquacize/Deep Water Boot Camp			10:15
9:15								11:00
9:30								11:15
10:00	Break 10-10:15		Break 10-10:15		Break 10-10:15	Swim Lessons/ SCUBA (lanes 4-6)		11:30
10:15	Laps	Laps	Laps	Laps	Laps			11:45
11:00						Laps/Family		Noon
11:15								1:00
11:30								1:30
11:45	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-			2:00
Noon	Laps	Laps	Laps	Laps	Laps			2:30 PM
1:00								2:45 PM
1:30 PM								3:00
1:45 PM	Laps/Family	SACC (lanes 1-2)/Laps (lanes 3-6)	Laps/Family	SACC (lanes 1-2)/Laps (lanes 3-6)	SACC (lanes 1-2)/Laps (lanes 3-6)			3:15
2:00								3:30
2:30 PM								3:45 PM
2:45 PM								4:00
3:00	Break 3-3:15		Break 3-3:15					4:30
3:15								5:00
3:30	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			6:00
3:45 PM								6:30 PM
4:00								7:00
4:30	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5			7:30 PM
5:00		Laps/Family	Laps/Family		Laps/Family			8:00
5:45								9:00
6:00	Laps/Family	Lessons (1&2)/Laps	Lessons (1&2)/Laps	Laps/Family				
6:30 PM			Laps/Family					
7:00								
7:30								
8:00								
8:30								
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 7/21/2025

	MON 7/21	TUE 7/22	WED 7/23	THUR 7/24	FRI 7/25	SAT 7/26	SUN 7/27	
5:00								5:00
6:00								6:00
7:00								7:00
7:30	Laps		Laps		Laps			7:30
8:00								
8:30	Deep Water Fitness		Deep Water Fitness		Deep Water Fitness			8:30
9:00								
9:30	Town of Sennett Swim Lessons	Town of Niles Swim Lessons	Town of Sennett Swim Lessons	Town of Niles Swim Lessons		Swim Lessons		9:30
10:00					Swim Lessons			10:00
10:30		SACC Swim			SACC Swim			
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								4:00
4:30								4:30
5:00								5:00
5:30	Swim Lessons		Swim Lessons					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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