ALLYN-RIFORD POOL SCHEDULE

Effective 7/21/2025

0	MO		TUE	WED	THUR	FRI	SAT	SUN	
9 5:00	7/2	21	7/22	7/23	7/24	7/25	7/26	7/27	F:00
									5:00
6:00	Lap	os		Laps		Laps			6:00
7:00 7:15	Break 1	7:15 -							7:00
7:30 7:45	BOGA		Laps	Break 7:30-	Laps	Break 7:30-			7:30
8:00	Car			Laps		Laps	Laps		8:00
8:30 8:45	Lap	os	Break 8:45-9	·	Break 8:45-9	Break 8:45-9			8:30
9:00 9:15				Break 9-9:15		Aquacize/Deep	Lessons (1- 2)/Laps		9:00
9:30	Aquaciz (lanes		Aqua HiIT	Aquacize	Aqua HiIT	Water Boot Camp	(3)/SCUBA (4-	1 /5 1	9:30
10:00	Break 10)-10:15		Break 10-10:15		Break 10-10:15		Laps/Family	10:00
10:15	Lar	os	Laps	Laps	Laps	Laps	Lessons/ SCUBA (lanes 4-6)		10:15
11:00 11:15				·		·	Laps/Family		11:00
11:30 11:45	Break 1	1:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-			
Noon	Di can i	1115	Dicak III is	Dicak III is		Break 11115			Noon
	La	ps	Laps	Laps	Laps	Laps			
1:00									1:00
1:30 PN 1:45 PN 2:00		amily	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)			1:30 2:00 2:30 PM
2:45									2:45 PM
3:00 3:15	Break 3	3-3:15		Break 3-3:15					3:00
3:30 3:45 4:00	PM Laps/F	amily	Laps/Family	Laps/Family	Laps/Family	Laps/Family		<u>Laps:</u> lap member swimmers of	3:45 PM 4:00
4:30	D	1 45 5	D 1 4 45 5	D 1 4 45 5	D 1 4 45 5	D 4 45 5		any age.	4:30
5:00	Break 4	1:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5 Laps/Family		<u>Adult</u> - For adult	5:00
F: 4F			Laps/Family	Laps/Family		Laps/1 dillily		members only Family : Open	
5:45 6:00	Laps/F	amily	Lessons	Lessons	Laps/Family			swim for all members.	6:00
6:30 PN		arrilly	(1&2)/Laps	(1&2)/Laps	Eups/Tallilly				6:30 PM
7:00				Laps/Family			Children under	6 yrs old must m's reach of	7:00
7:30							supervising adu		7:30 PM
8:00							end test, wear a		8:00
8:30							accompanied by arm's reach in the		
9:00							deep-end to accompanied by	est must be	9:00

EMERSON POOL SCHEDULE

Effective 7/21/2025

		Effective		/ 2025					
	MON	TUE	WED	THUR	FRI	SAT	SUN		
5.00	7/21	7/22	7/23	7/24	7/25	7/26	7/27	F.00	
5:00								5:00	
6:00								6:00	
7:00								7:00	
7.00		ı		1		T		7.20	
7:30			_		_			7:30	
8:00	Laps		Laps		Laps			8:00	
8:30	Deep Water		Deep Water		Deep Water			8:30	
9:00	Fitness		Fitness		Fitness		1	9:00	
5.00	Tieriess		riciicss		Titliess			3.00	
9:30		Town of Niles		Town of Niles				9:30	
10.00	Town of	Swim Lessons	Town of	Swim Lessons	Swim Lessons	Swim Lessons		10.00	
10:00	Sennett Swim		Sennett Swim			Swim Lessons		10:00	
10:30	Lessons	CACC C. IV	Lessons	CACC Cusino	1			10:30	
		SACC Swim		SACC Swim					
11:00								11:00	
11:30								11:30	
Noon								Noon	
12:30								12:30	
12.30								12.30	
1:00								1:00	
1 00 014	1								
1:30 PM									
2:00								2:00	
2:30 2:45									
3:00								3:00	
							<u>Laps</u> : lap		
3:30							member		
4:00	-						swimmers of	4:00	
4.00							any age. <u>Adult</u> - For	4.00	
4:30							adult	4:30	
F-00							members only	F-00	
5:00					1		Family: Open	5:00	
5:30		Swim Lessons		Swim Lessons			swim for all	5:30	
5:45							members.	6.00	
6:00		AquaHigh/		AquaHigh/		Children under	6 yrs old must be	6:00	
		DWF		DWF		within arm's reach			
		5 ***		J		in the water. Children 6-7 must have an adult in the pool area and pass the			
7:00								7:00	
							deep-end test, wear a lifejacket, or be accompanied by an adult within arm's		
				reach in the water.					
8:00						who cannot pass	the deep-end test	8:00	
						must be accompa	anied by an adult in the water or wear		
							acket.		
9:00								9:00	