

## ALLYN-RIFORD POOL SCHEDULE

**Effective 8/4/2025**

|         | MON<br>8/4                   | TUE<br>8/5                        | WED<br>8/6         | THUR<br>8/7                       | FRI<br>8/8                          | SAT<br>8/9                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | SUN<br>8/10 |             |             |             |             |             |         |
|---------|------------------------------|-----------------------------------|--------------------|-----------------------------------|-------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|-------------|-------------|-------------|-------------|-------------|---------|
| 9       |                              |                                   |                    |                                   |                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |             |             |             |             |             |             |         |
| 5:00    | Laps                         |                                   | Laps               |                                   | Laps                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |             | 5:00        |             |             |             |             |         |
| 6:00    |                              |                                   |                    |                                   |                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |             | 6:00        |             |             |             |             |         |
| 7:00    |                              |                                   |                    |                                   |                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |             | 7:00        |             |             |             |             |         |
| 7:15    |                              |                                   |                    |                                   |                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |             | 7:30        |             |             |             |             |         |
| 7:30    | BOGA Boot<br>Camp            | Laps                              | Break 7:30-        | Laps                              | Break 7:30-                         | Laps                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Laps/Family | 7:30        |             |             |             |             |         |
| 7:45    |                              |                                   |                    |                                   |                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |             |             |             |             |             |             |         |
| 8:00    | Laps                         | Break 8:45-9                      | Laps               | Break 8:45-9                      | Break 8:45-9                        | Laps                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |             | 8:00        |             |             |             |             |         |
| 8:30    |                              |                                   |                    |                                   |                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |             | 8:30        |             |             |             |             |         |
| 8:45    |                              |                                   |                    |                                   |                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |             |             |             |             |             |             |         |
| 9:00    |                              |                                   |                    |                                   |                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 9:00        |             |             |             |             |             |         |
| 9:15    | Aquacize/Laps<br>(lanes 5&6) | Aqua HiIT                         | Aquacize           | Aqua HiIT                         | Aquacize/Deep<br>Water Boot<br>Camp | Lessons (1-2<br>& 6)/Laps (3-5)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Laps/Family | 9:30        |             |             |             |             |         |
| 9:30    |                              |                                   |                    |                                   |                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |             |             |             |             |             |             |         |
| 10:00   | Break 10-10:15               | Laps                              | Break 10-10:15     | Laps                              | Break 10-10:15                      | Swim<br>Lessons/<br>SCUBA (lanes<br>4-6)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |             | 10:00       |             |             |             |             |         |
| 10:15   |                              |                                   |                    |                                   |                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |             | 10:15       |             |             |             |             |         |
| 11:00   |                              |                                   |                    |                                   |                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 11:00       |             |             |             |             |             |         |
| 11:15   |                              |                                   |                    |                                   |                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |             |             |             |             |             |             |         |
| 11:30   | Break 11:45-                 | Break 11:45-                      | Break 11:45-       | Break 11:45-                      | Break 11:45-                        | SCUBA (4-6)/Family<br>(lanes 1-2)/Laps (3)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Laps/Family | 11:00       |             |             |             |             |         |
| 11:45   |                              |                                   |                    |                                   |                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |             |             |             |             |             |             |         |
| Noon    | Laps                         | Laps                              | Laps               | Laps                              | Laps                                | <div><div>Laps:</div><div>lap member swimmers of any age.</div><div>Adult-</div><div>For adult members only</div><div>Family:</div><div>Open swim for all members.</div></div> <div>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</div> |             | Noon        |             |             |             |             |         |
| 1:00    | 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)   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |             |             | 1:00        |             |             |             |         |
| 1:30 PM |                              |                                   |                    |                                   |                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 1:30        |             |             |             |             |             |         |
| 1:45 PM |                              |                                   |                    |                                   |                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 2:00        |             |             |             |             |             |         |
| 2:00    |                              |                                   |                    |                                   |                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 2:30 PM     |             |             |             |             |             |         |
| 2:45 PM | Break 3-3:15                 | Break 3-3:15                      | Break 3-3:15       | Break 3-3:15                      | Break 3-3:15                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |             | 2:45 PM     |             |             |             |             |         |
| 3:00    |                              |                                   |                    |                                   |                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |             | 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    | 5:00                         |                                   |                    |                                   |                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |             |             |             |             |             |             |         |
| 4:30    | Break 4:45-5                 | Break 4:45-5                      | Break 4:45-5       | Break 4:45-5                      | Break 4:45-5                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |             | 4:30        |             |             |             |             |         |
| 5:00    |                              |                                   |                    |                                   |                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |             | Laps/Family | Laps/Family | Laps/Family | Laps/Family | Laps/Family | 5:00    |
| 5:45    |                              |                                   |                    |                                   |                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |             |             |             |             |             |             | 6:00    |
| 6:00    |                              |                                   |                    |                                   |                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |             |             |             |             |             |             | 6:30 PM |
| 6:30 PM | Laps/Family                  | Lessons (1&2)/Laps                | Lessons (1&2)/Laps | Laps/Family                       |                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |             |             |             |             |             |             | 7:00    |
| 7:00    |                              |                                   |                    |                                   |                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |             | 7:30 PM     |             |             |             |             |         |
| 7:30    |                              |                                   |                    |                                   |                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |             | 8:00        |             |             |             |             |         |
| 8:00    |                              |                                   |                    |                                   |                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |             | 9:00        |             |             |             |             |         |
| 8:30    |                              |                                   |                    |                                   |                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |             |             | 8:00        |             |             |             |         |
| 9:00    |                              |                                   |                    |                                   |                                     | 9:00                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |             |             |             |             |             |             |         |
|         |                              |                                   |                    |                                   |                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |             |             |             |             |             |             |         |
|         |                              |                                   |                    |                                   |                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |             |             |             |             |             |             |         |

# EMERSON POOL SCHEDULE

Effective 8/4/2025

|         | MON<br>8/4         | TUE<br>8/5 | WED<br>8/6 | THUR<br>8/7        | FRI<br>8/8         | SAT<br>8/9       | SUN<br>8/10 |           |  |       |
|---------|--------------------|------------|------------|--------------------|--------------------|------------------|-------------|-----------|--|-------|
| 5:00    |                    |            |            |                    |                    |                  |             | 5:00      |  |       |
| 6:00    |                    |            |            |                    |                    |                  |             | 6:00      |  |       |
| 7:00    |                    |            |            |                    |                    |                  |             | 7:00      |  |       |
| 7:30    | Laps               |            |            | Laps               | Laps               |                  |             | 7:30      |  |       |
| 8:00    |                    |            |            |                    |                    |                  |             | 8:00      |  |       |
| 8:30    | Deep Water Fitness |            |            | Deep Water Fitness | Deep Water Fitness |                  |             | 8:30      |  |       |
| 9:00    |                    |            |            |                    |                    |                  |             | 9:00      |  |       |
| 9:30    |                    |            |            |                    |                    | Swim Lessons     |             | 9:30      |  |       |
| 10:00   |                    |            |            |                    |                    |                  |             | 10:00     |  |       |
| 10:30   |                    |            |            |                    |                    |                  |             | 10:30     |  |       |
| 11:00   | SACC Swim          |            |            |                    |                    |                  |             | SACC Swim |  | 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/<br>DWF   |            |            |                    |                    | AquaHigh/<br>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.

**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 lifejacket.

**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 lifejacket.