ALLYN-RIFORD POOL SCHEDULE
Effective   8/11/2025

9	MON 8/11	TUE 8/12	WED 8/13	THUR 8/14	FRI 8/15	SAT 8/16	SUN 8/17	
5:00	Laps		Laps		Laps			5:00
6:00								6:00
7:00		Laps	Break 7:30-	Laps	Break 7:30-	Laps		7:00
7:15	Break 7:15 -							7:30
7:30	BOGA Boot Camp		Laps		Laps			
7:45							Laps/Family	
8:00								8:00
8:30	Laps	Break 8:45-9						8:30
8:45			Break 9-9:15	Break 8:45-9	Break 8:45-9			
9:00	Aquacize/Laps (lanes 5&6)	Aqua HiIT	Aquacize	Aqua HiIT	Aquacize/Deep Water Boot Camp	Lessons (1-2 & 6)/Laps (3-5)		9:00
9:15								
9:30								9:30
10:00	Break 10-10:15	Laps	Break 10-10:15	Laps	Break 10-10:15	Swim Lessons/ SCUBA (lanes 4-6)	Laps/Family	10:00
10:15	Laps		Laps		Laps			10:15
11:00						SCUBA (4-6)/Family (lanes 1-2)/Laps (3)		11:00
11:15								
11:30								
11:45	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-			
Noon	Laps	Laps	Laps	Laps	Laps			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								2:45 PM
3:00	Break 3-3:15		Break 3-3:15					3:00
3:15	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			
3:30								
3:45 PM								3:45 PM
4:00								4:00
4:30								4:30
4:45	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5			
5:00	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			5:00
5:45								
6:00	Laps/Family	Lessons (1&2)/Laps	Lessons (1&2)/Laps	Laps/Family				6:00
6:30 PM								6:30 PM
7:00			Laps/Family					7:00
7:30								7:30 PM
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   8/11/2025

	MON 8/11	TUE 8/12	WED 8/13	THUR 8/14	FRI 8/15	SAT 8/16	SUN 8/17	
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						Swim Lessons		9:00
9:30								9:30
10:00								10:00
10:30		SACC Swim		SACC Swim				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								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.**

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.