ALLYN-RIFORD POOL SCHEDULE

Effective 8/11/2025

	MON	TUE	WED	THUR	FRI	SAT	SUN	
9	8/11	8/12		8/14	8/15	8/16	8/17	
	8/11	8/12	8/13	8/14	8/15	8/16	8/1/	
5:00								5:00
6:00	Laps		Laps		Laps			6:00
7:00 7:15	Break 7:15 -							7:00
7:30		Laps	Break 7:30-	Laps	Break 7:30-			7:30
7:45 8:00	BOGA Boot Camp		Laps		Laps	Laps		8:00
8:30 8:45	Laps	Break 8:45-9	Сарз	Break 8:45-9	Break 8:45-9			8:30
9:00	Сарз	Dreak 6.45-9	Break 9-9:15	Break 6.45-9	Aquacize/Deep	Lessons (1-2		9:00
9:15 9:30	Aquacize/Laps (lanes 5&6)	Aqua HiIT	Aquacize	Aqua HiIT	Water Boot Camp	& 6)/Laps (3- 5)	/5	9:30
10:00	Break 10-10:15		Break 10-10:15		Break 10-10:15		Laps/Family	10:00
10:15	Laps	Laps	Laps	Laps	Laps	Lessons/ SCUBA (lanes 4-6) SCUBA (4-		10:15
11:00 11:15 11:30	· ·		·		·	6)/Family (lanes 1-		11:00
11:45	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	2)/Laps (3)		
Noon	2.001(221.10	2.00K 221.0	2.00K 221.10		D. 601(221 15	2 // Lab3 (3 /		Noon
	Laps	Laps	Laps	Laps	Laps			
1:00 1:30 PM								1:00
1:45 PM 2:00	Laps/Family	SACC (lanes 1- 2)/Laps (lanes 3-6)	Laps/Family	2)/Laps (lanes 1- 2)/Laps (lanes 3-6)	SACC (lanes 1- 2)/Laps (lanes 3-6)			2:00 2:30 PM
2:45 PN								2:45 PM
3:00	Break 3-3:15		Break 3-3:15					3:00
3:15								
3:30 3:45 PN 4:00	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family		Laps: lap member swimmers of	3:45 PM 4:00
4:30							any age.	4:30
5:00	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5		<u>Adult</u> - For adult	5:00
		Laps/Family	Laps/Family		Laps/Family		members only Family : Open	3.00
5:45		Lessons	Lessons				swim for all	6.00
6:00	Laps/Family	(1&2)/Laps	(1&2)/Laps	Laps/Family			members.	6:00
6:30 PM			Laps/Family			Child	e Carronald	6:30 PM
7:00			, , , , , , , , , , , , , , , , , , , ,			be within ar	r 6 yrs old must m's reach of	7:00
7:30						Children 6-7 m	ult in the water. oust have an adult	7:30 PM
8:00						end test, wear a	and pass the deep- a lifejacket, or be y an adult within	8:00
8:30						arm's reach in the	e water. Children cannot pass the	0.00
9:00						accompanied by	est must be y an adult within e water or wear a	9:00

EMERSON POOL SCHEDULE

Effective 8/11/2025

8/11 8/12 8/13 8/14 8/15 8/16 8/17 5:00 6:00 7:30 Laps Laps Laps Laps Deep Water Fitness	7:00 7:30 8:00 8:30 9:00
6:00 7:30 8:00 8:30 Deep Water Fitness 9:30 Laps Laps Deep Water Fitness	7:00 7:30 8:00 8:30
7:00 7:30 8:00 Laps Laps Laps Laps Deep Water Fitness 9:30 Deep Water Fitness	7:00 7:30 8:00 8:30 9:00
7:00 7:30 8:00 Laps Laps Laps Laps Deep Water Fitness 9:30 Deep Water Fitness	7:00 7:30 8:00 8:30 9:00
7:00 7:30 8:00 Laps Laps Laps Laps Deep Water Fitness 9:30 Deep Water Fitness	7:00 7:30 8:00 8:30 9:00
7:30 8:00 Laps Laps Laps Deep Water 9:00 Fitness Deep Water Fitness Pitness	7:30 8:00 8:30 9:00
7:30 8:00 Laps Laps Laps Deep Water 9:00 Fitness Deep Water Fitness Pitness	7:30 8:00 8:30 9:00
7:30 8:00 Laps Laps Laps Deep Water 9:00 Fitness Deep Water Fitness Pitness	7:30 8:00 8:30 9:00
8:00 Laps Laps Laps 8:30 Deep Water 9:00 Fitness Deep Water Fitness Fitness	8:00 8:30 9:00
8:30 Deep Water 9:00 Fitness Deep Water Fitness Pitness	8:30 9:00
8:30 Deep Water 9:00 Fitness Deep Water Fitness Pitness Deep Water Fitness	8:30 9:00
9:00 Deep Water Fitness Pitness Pitnes	9:00
9:00 Fitness 9:30 Fitness Fitness	
	9:30
	9:30
10:00 Swim Lessons	10:00
10:30	10:30
	10.30
11:00 SACC Swim SACC Swim	11:00
11:30	11:30
11.50	11.50
Noon	Noon
12:30	12:30
1:00	1:00
1:30 PM	
2:00	2:00
2:30	
2:45	
3:00 <u>Laps</u> : lap	3:00
3:30 member	
swimmers	
4:00 any age.	4:00
4:30 Adult Adult	4:30
5:00 members or	ly 5:00
Family: Ope	en 3.00
5:30 Swim Lessons Swim Lessons Swim for a	
5:45 6:00 members	6:00
AquaHigh/ AquaHigh/ Children under 6 yrs old must be	
DWF DWF within arm's reach of supervising ad	ılt
7:00 in the water. Children 6-7 must hat an adult in the pool area and pass the	
deep-end test, wear a lifejacket, or	oe e
accompanied by an adult within arn reach in the water. Children under	
8:00 who cannot pass the deep-end tes	
must be accompanied by an adult	
within arm's reach in the water or we a lifejacket.	ar
9:00	9:00