

# ALLYN-RIFORD POOL SCHEDULE

Effective 9/1/2025

	MON 9/1	TUE 9/2	WED 9/3	THUR 9/4	FRI 9/5	SAT 9/6	SUN 9/7	
9	9/1	9/2	9/3	9/4	9/5	9/6	9/7	
5:00	CLOSED FOR LABOR DAY!							5:00
6:00			Laps		Laps			6:00
7:00								7:00
7:15			Break 7:15-		Break 7:15-			7:30
7:30		Laps		Laps	Laps			8:00
7:45			Laps					8:30
8:00		Break 8:30-		Break 8:30-	Break 8:30-	Laps		9:00
8:30								9:30
8:45		Aqua HIIT	Break 9-9:15	Aqua HIIT	Aquacize/Deep Water Boot Camp			10:00
9:00			Aquacize					10:15
9:15			Break 10-10:15		Break 10-10:15			11:00
9:30		Laps	Laps	Laps	Laps	Laps/Family (lanes 1-3)/SCUBA (lanes 4-6)	Laps/Family	10:00
10:00								10:15
10:15								11:00
11:00		Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-			Noon
11:15		Laps	Laps	Laps	Laps			1:00
11:30								1:30
11:45								2:00
Noon		Laps	Laps	Laps	Laps			2:30 PM
1:00								2:45 PM
1:30 PM		Laps/Family	Laps/Family	Laps/Family	Laps/Family			3:00
1:45 PM								3:45 PM
2:00		Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15			4:00
2:45 PM								4:30
3:00		Laps/Family	Laps/Family	Laps/Family	Laps/Family			5:00
3:15								6:00
3:30		Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5			6:30 PM
3:45 PM								7:00
4:00		Laps/Family	Laps/Family	Laps/Family	Laps/Family			7:30 PM
4:30								8:00
5:00								9:00
5:45								
6:00		Laps/Family	Laps/Family	Laps/Family				
6:30 PM								
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 9/1/2025

	MON 9/1	TUE 9/2	WED 9/3	THUR 9/4	FRI 9/5	SAT 9/6	SUN 9/7	
5:00								5:00
6:00								6:00
7:00								7:00
7:30								7:30
8:00								8:00
8:30								8:30
9:00								9:00
9:30								9:30
10:00								10:00
10:30								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								5:30
5:45								
6:00								6:00
7:00								7:00
8:00								8:00
9:00								9:00

Laps  
Deep Water Fitness

Laps  
Deep Water Fitness

Laps  
Deep Water Fitness

Laps/Family  
AquaHigh/  
DWF

Laps/Family  
AquaHigh/  
DWF

**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.