

ALLYN-RIFORD POOL SCHEDULE

Effective 9/8/2025

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

| | MON 9/8 | TUE 9/9 | WED 9/10 | THUR 9/11 | FRI 9/12 | SAT 9/13 | SUN 9/14 | | | |
|---------|--------------------|------------|------------------|---|--------------------|--------------|-------------|-------|--|--|
| 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 | Swim Lessons | | 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 | | | Swim Lessons | | | | | 5:00 | | |
| 5:30 | | | | | | | | 5:30 | | |
| 5:45 | | | | | | | | | | |
| 6:00 | | | AquaHigh/ DWF | | | | | 6:00 | | |
| 7:00 | | | | 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. | | | | 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.