

# ALLYN-RIFORD POOL SCHEDULE

## Effective 9/22/2025 -Amended

	MON 9/22	TUE 9/23	WED 9/24	THUR 9/25	FRI 9/26	SAT 9/27	SUN 9/28	
9								
5:00	Laps		Masters (lanes 3-5)/Laps (lanes 1-2 & 6)		Masters (lanes 3-5)/Laps (lanes 1-2 & 6)			5:00
6:00								6:00
7:00			Laps		Laps			7:00
7:15			Break 7:15-		Break 7:15-			7:30
7:30	Laps/DWF (lanes 1-2)	Laps	Laps	Laps	Laps	Laps		7:30
7:45								8:00
8:00								8:30
8:30								8:30
8:45	Break 9-9:15	Break 8:30-	Laps	Break 8:30-	Break 8:30-	Laps	Laps(lanes 1-3)/Masters (lanes 4-6)	8:00
9:00								8:30
9:15								9:00
9:30								9:30
10:00	Break 10-10:15	Aqua HiIT	Break 9-9:15	Aqua HiIT	Aquacize/Deep Water Boot Camp	Laps/Family		9:00
10:15								9:30
11:00								10:00
11:15								10:15
11:30	Break 11:45-	Laps	Break 10-10:15	Laps	Laps	Swim Lessons	Laps/Family	11:00
11:45								11:00
11:30								11:00
11:45								11:00
11:45	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Laps/Family		10:00
10:15								10:15
11:00								11:00
11:15								11:00
11:30	Break 11:45-	Laps	Laps	Laps	Laps	Laps/Family		11:00
11:45								11:00
11:30								11:00
11:45								11:00
Noon	Laps	Laps	Laps	Laps	Laps			Noon
1:00								1:00
1:30 PM								1:30
1:45 PM								2:00
2:00	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			2:00
2:30 PM								2:30 PM
2:45 PM								2:45 PM
3:00								3:00
3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15			3:00
3:30								3:45 PM
3:45 PM								3:45 PM
4:00								4:00
4:30	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			4:30
4:45								4:30
4:30								4:30
4:45								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
5:00								5:00
5:45								6:00
6:00								6:00
6:30 PM	SwimLessons	Laps/Family	Laps/Family	Laps/Family				6:30 PM
7:00								7:00
7:30								7:30
8:00								8:00
8:30	Laps/Family							8:00
9:00								9:00
9:30								9:00
9:45								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 9/22/2025

	<b>MON</b> <b>9/22</b>	<b>TUE</b> <b>9/23</b>	<b>WED</b> <b>9/24</b>	<b>THUR</b> <b>9/25</b>	<b>FRI</b> <b>9/26</b>	<b>SAT</b> <b>9/27</b>	<b>SUN</b> <b>9/28</b>				
<b>5:00</b>								<b>5:00</b>			
<b>6:00</b>								<b>6:00</b>			
<b>7:00</b>								<b>7:00</b>			
7:30	Laps			Laps	Laps			7:30			
<b>8:00</b>						<b>8:00</b>					
8:30	Deep Water Fitness			Deep Water Fitness	Deep Water Fitness			8:30			
<b>9:00</b>						<b>9:00</b>					
9:30						Swim Lessons	<b>Laps:</b> lap member swimmers of any age. <b>Adult-</b> For adult members only <b>Family:</b> Open swim for all members.  <b>Children under 6 yrs old</b> must be within arm's reach of supervising adult in the water. <b>Children 6-7</b> 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. <b>Children under 5' who cannot pass the deep-end test</b> must be accompanied by an adult within arm's reach in the water or wear a lifejacket.	9:30			
<b>10:00</b>								<b>10:00</b>			
10:30								10:30			
<b>11:00</b>								<b>11:00</b>			
11:30						11:30					
<b>Noon</b>						<b>Noon</b>					
12:30						12:30					
<b>1:00</b>						<b>1:00</b>					
1:30 PM											
<b>2:00</b>						<b>2:00</b>					
2:30											
2:45											
<b>3:00</b>						<b>3:00</b>					
3:30											
<b>4:00</b>						<b>4:00</b>					
4:30						4:30					
<b>5:00</b>			Swim Lessons					<b>5:00</b>			
5:30								5:30			
5:45					Swim Lessons						
<b>6:00</b>								<b>6:00</b>			
			Aqua High/DWF								
<b>7:00</b>								<b>7:00</b>			
				Swim Lessons							
<b>8:00</b>								<b>8:00</b>			
<b>9:00</b>								<b>9:00</b>			

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