## **ALLYN-RIFORD POOL SCHEDULE**

Effective .0/6/2025 - Amende

	MON	TUE	WED	THUR	FRI	SAT	SUN	
9	10/6	10/7	10/8	10/9	10/10	10/11	10/12	
5:00	20,0		-0,0	-0/0				5:00
6:00	Laps		Masters (lanes 3- 5)/Laps (lanes 1-2 & 6)		Masters (lanes 3-5)/Laps (lanes 1-2 & 6)			6:00
			Laps		Laps			
7:00					·	Laps		7:00
7:15	Break 7:15-	Laps	Break 7:15-	Laps	Break 7:15-			
7:30								7:30
7:45 <b>8:00</b>	Laps		Laps (lanes 3- 6)/DWF		Laps	Laps (lanes 1-2)/Stingrays		8:00
8:30		Break 8:30-	(lanes 1-2)	Break 8:30-		(lanes 3-6)		8:30
8:45	D		D		D = 1 0 0 15			
9:00	Break 9-9:15	Agus HiTT	Break 9-9:15	Agus HiTT	Break 9-9:15	Laps/Swim		9:00
9:15 9:30	Aquacize	Aqua HiIT	Aquacize	Aqua HiIT	Aquacize	Lessons (lanes 1-2)	Closed for Maintenance	9:30
40.00	Dropk 10 10 15		Duonic 10, 10, 15		Due n. 10 10 15	(lalles 1-2)	riantenance	10.00
	Break 10-10:15		Break 10-10:15		Break 10-10:15			10:00
10:15 11:00	Laps	Laps	Laps	Laps	Laps	Swim Lessons		10:15 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	BOGA Fit Express	Laps/Family		Noon
1:00 1:30 PM 1:45 PM 2:00	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			1:00 1:30 2:00 2:30 PM 2:45 PM
3:00	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15			3:00
3:15	Dicak 5 5.15	DICCK 5 5.15	DICAR 5 5.15	Dicak 5 5.15	DICAR 5 5.15			3.00
3:30 3:45 PM <b>4:00</b>	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family		Laps: lap member swimmers of any age.	3:45 PM 4:00
4:30	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5		Adult- For	4:30
5:00	Laps/Family	Bleak 4.43 3	Bleak 4.43 3	Bleak 4.43 3	Laps/Family		adult members only <u>Family</u> : Open	5:00
5:45 <b>6:00</b>	Swim Lessons						swim for all	6:00
	(lanes 1-	Stingrays	Stingrays	Stingrays	Stingrays Swim		members.	
6:30 PM	3)/Laps (lanes 3-6)	Swim Team	Swim Team	Swim Team	Team			6:30 PM
7:00							<b>6 yrs old</b> must m's reach of	7:00
7:30	Laps/Family					supervising adu Children 6-7 m	7:30 PM	
8:00						end test, wear a	ind pass the deep- a lifejacket, or be an adult within	8:00
8:30						arm's reach in the	e water. <b>Children</b> cannot pass the	
9:00							est must be an adult within water or wear a	9:00

## **EMERSON POOL SCHEDULE**

Effective 10/6/2025

	MON	TUE	WED	THUR	FRI	SAT	SUN	
	10/6	10/7	10/8	10/9	10/10	10/11	10/12	
5:00	20/0	20//	20,0	20/5	20, 20	10/11	10/11	5:00
3.00								3.00
6:00								6:00
0.00								0.00
7:00								7:00
7:30		]						7:30
	Lana				Lane			
8:00	Laps				Laps			8:00
			CLOSED					
8:30			CLUSED				Lanc	8:30
	Deep Water				Deep Water		Laps	
9:00	Fitness				Fitness		1	9:00
9:30		<u>-</u> '						9:30
10:00						Swim Lessons		10:00
10:30							Lanc/Eamily	10:30
							Laps/Family	
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
							<u>Laps</u> : lap	
3:30							member	
4.00							swimmers of	4.00
4:00							any age.	4:00
4.20							<u>Adult</u> - For	4.20
4:30							adult	4:30
5:00					1		members only	5:00
5.00							Family: Open	5.00
5:30		Swim Lessons					swim for all	5:30
5:45							members.	5.50
<b>6:00</b>								6:00
0.00		AquaHigh/		_		Children under	6 yrs old must be	0.00
		DWF		CLOSED			of supervising adult	
		5441					lren 6-7 must have	
7:00						an adult in the poo		7:00
7.00						deep-end test, wea		7.30
						accompanied by an adult within arm's reach in the water. Children under 5' who cannot pass the deep-end test		
8:00								8:00
0.00							anied by an adult	0.00
						within arm's reach	in the water or wear	
							acket.	
9:00								9:00