

# ALLYN-RIFORD POOL SCHEDULE

## Effective 10/6/2025 - Amended

	MON 10/6	TUE 10/7	WED 10/8	THUR 10/9	FRI 10/10	SAT 10/11	SUN 10/12	
9	10/6	10/7	10/8	10/9	10/10	10/11	10/12	
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	Break 7:15-	Laps	Break 7:15-	Laps	Break 7:15-	Laps		7:00
7:15								7:30
7:30	Laps	Break 8:30-	Laps (lanes 3-6)/DWF (lanes 1-2)	Break 8:30-	Laps	Laps (lanes 1-2)/Stingrays (lanes 3-6)		8:00
7:45								8:30
8:00	Break 9-9:15	Aqua HiIT	Break 9-9:15	Aqua HiIT	Break 9-9:15	Laps/Swim Lessons (lanes 1-2)	Closed for Maintenance	9:00
8:30								9:30
8:45	Aquacize		Aquacize		Aquacize			
9:15	Break 10-10:15	Laps	Break 10-10:15	Laps	Break 10-10:15	Swim Lessons		10:00
9:30								10:15
10:00	Laps	Laps	Laps	Laps	Laps			11:00
10:15								
11:00	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Laps/Family		
11:15								
11:30	Laps	Laps	Laps	Laps	BOGA Fit Express			Noon
11:45								
Noon	Laps	Laps	Laps	Laps				
1:00	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			1:00
1:30 PM								1:30
1:45 PM	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15			2:00
2:00								2:30 PM
2:45 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			2:45 PM
3:00								3:00
3:15	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			3:45 PM
3:30								4:00
3:45 PM	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5			4:30
4:00								5:00
4:30	Laps/Family	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Laps/Family			6:00
5:00	Swim Lessons (lanes 1-3)/Laps (lanes 3-6)				Stingrays Swim Team			6:30 PM
5:45	Laps/Family							7:00
6:00								7:30 PM
6:30 PM								8:00
7:00								9:00
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

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