

ALLYN-RIFORD POOL SCHEDULE

Effective **10/13/2025**

	MON 10/13	TUE 10/14	WED 10/15	THUR 10/16	FRI 10/17	SAT 10/18	SUN 10/19						
9													
5:00	CLOSED FOR REPAIRS	Laps	Masters (lanes 3-5)/Laps (lanes 1-2 & 6)	Laps	Masters (lanes 3-5)/Laps (lanes 1-2 & 6)	Laps	Laps	5:00					
6:00											6:00		
7:00												7:00	
7:15								Break 7:15-		Break 7:15-			7:30
7:30								Laps (lanes 3-6)/DWF (lanes 1-2)		Laps			8:00
7:45													8:30
8:00													8:30
8:30					Break 8:30-				Break 8:30-				9:00
8:45													9:30
9:00					Aqua HIIT			Break 9-9:15	Aqua HIIT	Break 9-9:15	Laps/Swim Lessons (lanes 1-2)		9:30
9:15			Aquacize		Aquacize			10:00					
9:30								10:15					
10:00	Laps	Laps	Break 10-10:15	Laps	Break 10-10:15	Swim Lessons	Laps/Family	10:00					
10:15			Laps		Laps			10:15					
11:00								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	Stingrays Swim Meet		Noon					
1:00								1:00					
1:30 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			1:30					
1:45 PM									2:00				
2:00								2:30 PM					
2:45 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													
3:30	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			3:45 PM					
3:45 PM								4:00					
4:00								4:30					
4:30	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5			5:00					
5:00	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Laps/Family			5:00					
5:45											6:00		
6:00									Stingrays Swim Team		6:30 PM		
6:30 PM											7:00		
7:00						<p>Children under 6 yrs old must be within arm's reach of supervising adult in the water.</p> <p>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</p>		7:00					
7:30								7:30 PM					
8:00									8:00				
8:30									9:00				
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

EMERSON POOL SCHEDULE

Effective **10/13/2025**

	MON 10/13	TUE 10/14	WED 10/15	THUR 10/16	FRI 10/17	SAT 10/18	SUN 10/19	
5:00	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; padding: 5px;">Laps</div> <div style="border: 1px solid black; padding: 5px;">CLOSED</div> <div style="border: 1px solid black; padding: 5px;">Laps</div> <div style="border: 1px solid black; padding: 5px;">Swim Lessons</div> </div>							5:00
6:00								6:00
7:00								7:00
7:30								7:30
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11:30								11:30
Noon								Noon
12:30								12:30
1:00	1:00							
1:30 PM	1:30 PM							
2:00	2:00							
2:30	2:30							
2:45	2:45							
3:00	3:00							
3:30	3:30							
4:00	4:00							
4:30	4:30							
5:00	Laps/Family	Swim Lessons	Swim Lessons		Swim Lessons		5:00	
5:30							5:30	
5:45							5:45	
6:00	Swim Lessons	AquaHigh/ DWF	AquaHigh/ DWF		AquaHigh/ DWF		6:00	
7:00							7:00	
8:00							8:00	
9:00							9:00	

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