## **ALLYN-RIFORD POOL SCHEDULE**

**Effective** 10/20/2025

0	MON	TUE	WED	THUR	FRI	SAT	SUN 10/26	
9 <b>5:00</b>	10/20	10/21	10/22	10/23	10/24	10/25	10/26	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
7:00			Laps		Laps	Laps		7:00
<b>7:15</b> 7:30	Break 7:15-	Laps	Break 7:15-	Laps	Break 7:15-	Laps		7:30
7:45 <b>8:00</b>	Laps/Deep Water Fitness		Laps		Laps	Laps (lanes 1- 3)/Stingrays		8:00
8:30 8:45	(lanes 1-2)	Break 8:30-		Break 8:30-	Break 8:30- Deep Water	(lanes 4-6)		8:30
9:00 9:15 9:30	Break 9-9:15  Aquacize	Aqua HiIT	Break 9-9:15  Aquacize	Aqua HiIT	Bootcamp/Aqu acize (9:15 start)	Laps/Swim Lessons (lanes 1-2)		<b>9:00</b> 9:30
<b>10:00</b> 10:15	Break 10-10:15		Break 10-10:15		Break 10-10:15	Swim Lessons	CLOCED FOR	<b>10:00</b> 10:15
<b>11:00</b> 11:15	Laps	Laps	Laps	Laps	Laps		CLOSED FOR TERROR ON THE BLOCKS	11:00
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 3:30 3:45 PM 4:00				Laps/Family			<u>Laps:</u> lap member swimmers of any age.	3:45 PM 4:00
	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5		<u>Adult</u> - For	
<b>5:00</b> 5:45					Laps/Family		adult members only <b>Family:</b> Open swim for all	5:00
<b>6:00</b> 6:30 PM	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team		members.	<b>6:00</b> 6:30 PM
7:00						be within ar	<b>6 yrs old</b> must m's reach of	7:00
7:30						supervising add <b>Children 6-7</b> m in the pool area a	7:30 PM	
8:00 8:30						end test, wear a accompanied by	lifejacket, or be an adult within	8:00
9:00						under 5' who deep-end to	e water. <b>Children</b> cannot pass the est must be an adult within	9:00
							e water or wear a	

## **EMERSON POOL SCHEDULE**

10/20/2025 **Effective** MON TUE WED THUR FRI SUN SAT 10/20 10/21 10/22 10/23 10/24 10/25 10/26 5:00 5:00 6:00 6:00 7:00 7:00 7:30 7:30 Laps Laps 8:00 8:00 CLOSED 8:30 8:30 Deep Water Deep Water 9:00 **Fitness Fitness** 9:00 9:30 9:30 Swim Lessons 10:00 10:00 **ELC Swim** 10:30 10:30 Lessons 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 Laps: lap 3:30 member swimmers of 4:00 4:00 any age. Adult- For 4:30 4:30 adult members only 5:00 5:00 Family: Open Laps/Family Swim Lessons Swim Lessons swim for all 5:30 5:30 members. 5:45 6:00 6:00 AquaHigh/ AquaHigh/ Children under 6 yrs old must be Swim Lessons DWF DWF within arm's reach of supervising adult in the water. Children 6-7 must have 7:00 an adult in the pool area and pass the 7:00 deep-end test, wear a lifejacket, or be Swim Lessons accompanied by an adult within arm's reach in the water. Children under 5' 8:00 who cannot pass the deep-end test 8:00 must be accompanied by an adult within arm's reach in the water or wear a lifejacket. 9:00 9:00