

ALLYN-RIFORD POOL SCHEDULE

Effective 11/10/2025

	MON	TUE	WED	THUR	FRI	SAT	SUN	
9	11/10	11/11	11/12	11/13	11/14	11/15	11/16	
5:00	Laps	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								7:30
7:30	Laps	Laps	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-	Break 9-9:15	Break 8:30-	Break 8:30-	Laps/Masters (lanes 4-6)	Laps	8:30
9:00								9:00
9:15								9:30
9:30								9:30
10:00	Break 10-10:15	Break 10-10:15	Break 10-10:15	Break 10-10:15	Break 10-10:15	Laps/Swim Lessons (lanes 1-2)	Laps	10:00
10:15								10:15
11:00								11:00
11:15								11:15
11:30	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Laps/Family	Laps	11:30
11:45								11:45
Noon								Noon
Laps								Laps
1:00	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	1:00
1:30 PM								1:30
1:45 PM								2:00
2:00								2:30 PM
2:45 PM	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Laps/Family	Laps	2:45 PM
3:00								3:00
3:15								3:15
3:30								3:30
3:45 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps	3:45 PM
4:00								4:00
4:30								4:30
4:45								4:45
5:00	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Laps/Family	Laps	5:00
5:45								5:45
6:00								6:00
6:30 PM								6:30 PM
7:00	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	7:00
7:30								7:30 PM
8:00								8:00
8:30								8:30
9:00	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	9:00
9:30								9:30
10:00								10:00
10:30								10:30

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 11/10/2025

	MON	TUE	WED	THUR	FRI	SAT	SUN									
	11/10	11/11	11/12	11/13	11/14	11/15	11/16									
5:00								5:00								
6:00								6:00								
7:00								7:00								
7:30								Laps	Laps	Laps	Swim Lessons	7:30				
8:00												8:00				
8:30								Deep Water Fitness	Deep Water Fitness	Deep Water Fitness		9:00				
9:00								ELC Swim Lessons	ELC Swim Lessons	Swim Lessons		9:30				
9:30											10:00					
10:00											10:30					
10:30											11:00					
11:00								11:30								
11:30												11:30				
Noon												Noon				
12:30												12:30				
1:00												1:00				
1:30 PM																
2:00												2:00				
2:30																3:00
2:45																
3:00																
3:30	Laps/Family	Swim Lessons	Laps/Family	Swim Lessons		Laps: lap member swimmers of any age. Adult- For adult members only Family: Open swim for all members.	4:00									
4:00												4:30				
4:30												5:00				
5:00												5:30				
5:30	Swim Lessons	AquaHigh/DWF	Swim Lessons	AquaHigh/DWF			5:30									
5:45							6:00									
6:00									6:00							
7:00									7:00							
8:00					8:00											
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 lifejacket.