

ALLYN-RIFORD POOL SCHEDULE

Effective **11/17/2025**

	MON 11/17	TUE 11/18	WED 11/19	THUR 11/20	FRI 11/21	SAT 11/22	SUN 11/23	
9								
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	Laps	7:00
7:15								7:30
7:30	Laps	Break 8:30-	Laps	Break 8:30-	Break 8:30-	Laps/Swim Lessons (lanes 1-2)	Laps/Masters (lanes 4-6)	8:00
7:45								8:30
8:00	Break 9-9:15	Aqua HiIT	Break 9-9:15	Aqua HiIT	Deep Water Bootcamp/Aquacize (9:15 start)	Laps/Swim Lessons (lanes 1-2)	Laps/Family	9:00
8:30								9:30
8:45	Break 10-10:15	Laps	Break 10-10:15	Laps	Break 10-10:15	Swim Lessons	Laps/Family	10:00
9:00								10:15
9:15	Laps	Laps	Laps	Laps	Laps	Laps/Family		11:00
9:30								
10:00	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Laps/Family		
10:15								
11:00	Laps	Laps	Laps	Laps	Laps	Laps/Family		Noon
11:15								
11:30	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			1:00
11:45								1:30
Noon	Laps	Laps	Laps	Laps	Laps			2:00
1:00								2:30 PM
1:30 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			2:45 PM
1:45 PM								
2:00	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15			3:00
2:45 PM								3:45 PM
3:00	AHS Swim Team	AHS Swim Team	AHS Swim Team	AHS Swim Team	AHS Swim Team			4:00
3:15								4:30
3:30	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Laps/Family		5:00
3:45 PM								6:00
4:00	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team			6:30 PM
4:30								7:00
5:00								7:30 PM
5:45								8:00
6:00								9:00
6:30 PM								
7:00								
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

EMERSON POOL SCHEDULE

Effective 11/17/2025

	MON 11/17	TUE 11/18	WED 11/19	THUR 11/20	FRI 11/21	SAT 11/22	SUN 11/23								
5:00								5:00							
6:00								6:00							
7:00								7:00							
7:30								Laps	Laps	Laps		7:30			
8:00												8:00			
8:30								Deep Water Fitness	Deep Water Fitness	Deep Water Fitness		8:30			
9:00												9:00			
9:30								ELC Swim Lessons	ELC Swim Lessons		Swim Lessons	9:30			
10:00												10:00			
10:30												10:30			
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
3:30															
4:00															4:00
4:30															4:30
5:00								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. 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.			5:00
5:30	5:30														
5:45															
6:00	Swim Lessons	AquaHigh/DWF	Swim Lessons	AquaHigh/DWF				6:00							
7:00								7:00							
8:00								8:00							
9:00								9:00							

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