## **ALLYN-RIFORD POOL SCHEDULE**

**Effective** 11/24/2025

	MON	TUE	WED	THUR	FRI	SAT	SUN	
0								
9	11/24	11/25	11/26	11/27	11/28	11/29	11/30	
5:00								5:00
			Masters					
					Masters (lanes			
			(lanes 3-		3-5)/Laps			
			5)/Laps (lanes					
6:00	Laps		1-2 & 6)		(lanes 1-2 & 6)			6:00
	2490		1200)					
			Laps		Laps			
7:00								7:00
	D		D		D	Laps		7.00
7:15	Break 7:15-	Laps	Break 7:15-	Aqua HiIT	Break 7:15-	·		
7:30		2470		7.900 1.1121		Stingrays	Laps	7:30
7:45						Strigitays		
8:00					1 .			8:00
	Laps		Laps		Laps			
8:30		Break 8:30-				AHS Swim	Laps/Masters	8:30
		Dreak 6:30-		Laps				8:30
8:45						Team	(lanes 4-6)	
9:00	Break 9-9:15		Break 9-9:15		Break 9-9:15			9:00
9:15		Aqua HiIT						
9:30	Aquacize	'	Aquacize		Aquacize			9:30
5.50	9444120				9444.20			5.50
40.00	Dunnie 10, 10, 15		Dwo.nlr. 10, 10, 15		Dunal, 10, 10, 15			40.00
	Break 10-10:15		Break 10-10:15		Break 10-10:15	Laps		10:00
10:15						Laps		10:15
							1 / 1	
	l .	Laps	l .				Laps/Family	
11:00	Laps	Laps	Laps		Laps			11:00
								11:00
11:15								
11:30								
11:45	Break 11:45-	Break 11:45-	Break 11:45-		Break 11:45-	L = / = :		
Noon						Laps/Family		Noon
	Laps	Laps	Laps		Laps			
	·	,						
1:00			Lanc/Family					1:00
			Laps/Family					
1:30 PM								1:30
			Laps (lanes 1-					1.50
1:45 PM	Laps/Family	Laps/Family			Laps/Family			
2:00			3)/Lifeguard					2:00
			In-Service					
			(lanes 4-6)	Closed for				2:30 PM
2:45 PM			(	Thanksgiving				2:45 PM
	Break 3-3:15	Break 3-3:15	Broak 2 2:15	indinagiving	Break 3-3:15			
3:00	DI Eak 3-3:15	DI Eak 3-3.13	Break 3-3:15		DI Eak 3-3.15			3:00
3:15								
3:30							Lancillan	
3:45 PM	AHS Swim	AHS Swim	AHS Swim		AHS Swim		<u>Laps:</u> lap	3:45 PM
4:00	Team	Team	Team		Team		member	4:00
7.00	rcuiii	realli	ream		ream		swimmers of	4.00
4:30							any age.	4:30
	Break 4:45-5	Break 4:45-5	Break 4:45-5		Break 4:45-5		<u>Adult</u> - For	
5:00							adult	5:00
							members only	
					Laps/Family			
E 4E							Family: Open	
5:45			Laps/Family				swim for all	
6:00							members.	6:00
	Stingrays	Stingrays						
6:30 PM	Swim Team	Swim Team						6:30 PM
0.00111	Jimi Team	Jiiiii Teani						3.55
7.00						Children	r 6 vro old	7.00
7:00							r 6 yrs old must	7:00
							m's reach of	
7:30							ult in the water.	7:30 PM
							ust have an adult	
8:00						in the pool area a	and pass the deep-	8:00
0:00							a lifejacket, or be	8:00
							y an adult within	
8:30							e water. <b>Children</b>	
							cannot pass the	
9:00							est must be	9:00
2.00							y an adult within	
						arms reach in th	e water or wear a	

## **EMERSON POOL SCHEDULE**

Effective 11/24/2025

	MON 11/24	TUE 11/25	WED 11/26	THUR 11/27	FRI 11/28	SAT 11/29	SUN 11/30	
5:00	11/24	11/25	11/20	11/2/	11/28	11/29	11/30	5:00
6:00								C-00
6:00								6:00
7:00								7:00
7:30				]		]		7:30
8:00	Laps		Laps		Laps			8:00
8:30				_		-		8:30
	Deep Water		Deep Water		Deep Water			
9:00	Fitness		Fitness		Fitness			9:00
9:30								9:30
10:00	ELC Swim							10:00
10:30	Lessons							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 <b>3:00</b>								3:00
3:30							<u>Laps</u> : lap	
							member swimmers of	
4:00							any age. <u><b>Adult</b></u> - For	4:00
4:30							adult	4:30
5:00							members only <b>Family:</b> Open	5:00
5:30	Laps/Family	Laps/Family		Classific			swim for all	5:30
5:45 <b>6:00</b>				Closed for Thanksgiving			members.	6:00
	Swim Lessons	AquaHigh/ DWF				within arm's reach	6 yrs old must be of supervising adult	
7:00							lren 6-7 must have	7:00
7.00						deep-end test, wea	ar a lifejacket, or be a adult within arm's	7.30
						reach in the water.	Children under 5'	
8:00						must be accomp	the deep-end test anied by an adult	8:00
							in the water or wear acket.	
9:00								9:00