

ALLYN-RIFORD 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															
9	11/24	11/25	11/26	11/27	11/28	11/29	11/30															
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			Laps		Laps			6:00														
7:00			Laps		Break 7:15-			Aqua HiIT	Break 7:15-	Laps		7:00										
7:15										Laps		Laps	7:30									
7:30	Laps	Laps		Laps		Stingrays	Laps					8:00										
7:45												Break 8:30-	Laps	Break 9-9:15	AHS Swim Team	Laps/Masters (lanes 4-6)	8:30					
8:00			Break 9-9:15		Aqua HiIT			Break 9-9:15	AHS Swim Team		Laps/Masters (lanes 4-6)						9:00					
8:30																	Aquacize	Aquacize	Aquacize	Laps	Laps/Family	9:30
8:45	Break 10-10:15	Laps		Laps		Laps	Laps/Family															10:00
9:00												Break 10-10:15	Laps	Laps	Laps	Laps/Family						
9:15			Break 11:45-		Break 11:45-			Break 11:45-	Break 11:45-		Laps/Family											
9:30																	Laps	Laps	Laps	Laps	Laps/Family	
10:00	Laps	Laps		Laps		Laps	Laps/Family			Laps/Family												
10:15												Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Laps/Family						Laps/Family
11:00			Laps		Laps			Laps	Laps		Laps/Family											
11:15																	Laps	Laps	Laps	Laps	Laps/Family	
11:30	Break 11:45-	Break 11:45-		Break 11:45-		Break 11:45-	Laps/Family			Laps/Family												
11:45												Laps	Laps	Laps	Laps	Laps/Family						Laps/Family
Noon			Laps		Laps			Laps	Laps		Laps/Family											
1:00																	Laps	Laps	Laps	Laps	Laps/Family	
1:30 PM	Laps	Laps		Laps		Laps	Laps/Family			Laps/Family												
1:45 PM												Laps	Laps	Laps	Laps	Laps/Family						Laps/Family
2:00			Laps		Laps			Laps	Laps		Laps/Family											
2:30 PM																	Laps	Laps	Laps	Laps	Laps/Family	
2:45 PM	Laps	Laps		Laps		Laps	Laps/Family			Laps/Family												
3:00												Laps	Laps	Laps	Laps	Laps/Family						Laps/Family
3:15			Laps		Laps			Laps	Laps		Laps/Family											
3:30																	Laps	Laps	Laps	Laps	Laps/Family	
3:45 PM	Laps	Laps		Laps		Laps	Laps/Family			Laps/Family												
4:00												Laps	Laps	Laps	Laps	Laps/Family						Laps/Family
4:30			Laps		Laps			Laps	Laps		Laps/Family											
5:00																	Laps	Laps	Laps	Laps	Laps/Family	
5:45	Laps	Laps		Laps		Laps	Laps/Family			Laps/Family												
6:00												Laps	Laps	Laps	Laps	Laps/Family						Laps/Family
6:30 PM			Laps		Laps			Laps	Laps		Laps/Family											
7:00																	Laps	Laps	Laps	Laps	Laps/Family	
7:30	Laps	Laps		Laps		Laps	Laps/Family			Laps/Family												
8:00												Laps	Laps	Laps	Laps	Laps/Family						Laps/Family
8:30			Laps		Laps			Laps	Laps		Laps/Family											
9:00																	Laps	Laps	Laps	Laps	Laps/Family	
	Laps	Laps		Laps		Laps	Laps/Family			Laps/Family												
												Laps	Laps	Laps	Laps	Laps/Family						Laps/Family
			Laps		Laps			Laps	Laps		Laps/Family											
																	Laps	Laps	Laps	Laps	Laps/Family	
	Laps	Laps		Laps		Laps	Laps/Family			Laps/Family												
												Laps	Laps	Laps	Laps	Laps/Family						Laps/Family
			Laps		Laps			Laps	Laps		Laps/Family											
																	Laps	Laps	Laps	Laps	Laps/Family	
	Laps	Laps		Laps		Laps	Laps/Family			Laps/Family												
												Laps	Laps	Laps	Laps	Laps/Family						Laps/Family
			Laps		Laps			Laps	Laps		Laps/Family											
																	Laps	Laps	Laps	Laps	Laps/Family	
	Laps	Laps		Laps		Laps	Laps/Family			Laps/Family												
												Laps	Laps	Laps	Laps	Laps/Family						Laps/Family
			Laps		Laps			Laps	Laps		Laps/Family											
																	Laps	Laps	Laps	Laps	Laps/Family	
	Laps	Laps		Laps		Laps	Laps/Family			Laps/Family												
												Laps	Laps	Laps	Laps	Laps/Family						Laps/Family
			Laps		Laps			Laps	Laps		Laps/Family											
																	Laps	Laps	Laps	Laps	Laps/Family	
	Laps	Laps		Laps		Laps	Laps/Family			Laps/Family												
												Laps	Laps	Laps	Laps	Laps/Family						Laps/Family
			Laps		Laps			Laps	Laps		Laps/Family											
																	Laps	Laps	Laps	Laps	Laps/Family	
	Laps	Laps		Laps		Laps	Laps/Family			Laps/Family												
												Laps	Laps	Laps	Laps	Laps/Family						Laps/Family
			Laps		Laps			Laps	Laps		Laps/Family											
																	Laps	Laps	Laps	Laps	Laps/Family	
	Laps	Laps		Laps		Laps	Laps/Family			Laps/Family												
												Laps	Laps	Laps	Laps	Laps/Family						Laps/Family
			Laps		Laps			Laps	Laps		Laps/Family											
																	Laps	Laps	Laps	Laps	Laps/Family	
	Laps	Laps		Laps		Laps	Laps/Family			Laps/Family												
												Laps	Laps	Laps	Laps	Laps/Family						Laps/Family
			Laps		Laps			Laps	Laps		Laps/Family											
</																						

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 11/24/2025

	MON	TUE	WED	THUR	FRI	SAT	SUN										
	11/24	11/25	11/26	11/27	11/28	11/29	11/30										
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			8:30										
9:00							9:00										
9:30								9:30									
10:00	ELC Swim Lessons							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	Laps/Family						5:00									
5:30								5:30									
5:45																	
6:00	Swim Lessons	AquaHigh/ DWF						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.

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.

Closed for Thanksgiving