## **ALLYN-RIFORD POOL SCHEDULE**

**Effective** 12/29/2025

	MON	TUE	WED .	THUR	FRI	SAT	SUN	
0								
9	12/29	12/30	13/31/25	1/1	1/2	1/3	1/4	
5:00								5:00
			Masters					
					Masters (lanes			
			(lanes 3-		3-5)/Laps			
			5)/Laps (lanes					
6:00	Laps				(lanes 1-2 & 6)			6:00
	Laps		1-2 & 6)		[`			
			1					
		Laps	Laps		Laps		_	
7:00		Laps						7:00
7:15	Break 7:15-		Break 7:15-		Break 7:15-			
	DICUK 7.13		DICUK 7.13		DICCR 7.15		Lana	7.20
7:30							Laps	7:30
7:45						Laps		
8:00		AHS Swim	AHS Swim		AHS Swim	Laps		8:00
	Laps	Team	Team		Team			
0.00		Team	Team		ream		Lana/Mastara	
8:30							Laps/Masters	8:30
8:45							(lanes 4-6)	
9:00	Break 9-9:15		Break 9-9:15				1 ` ′	9:00
	DICOR 9 9113		DICOR 9 9113		Deep Water			5.00
9:15		Aqua HiIT	ļ ,			Laps/Family		
9:30	Aquacize		Laps		Bootcamp			9:30
					1			
10:00	Break 10-10:15		Break 10-10:15	С	Break 10-10:15			10:00
	J. 50K 10 10/15		2. 5dk 10 10/15	L	2. Car 10 10/13			
10:15								10:15
				0			Lanc/Family	
	,	Laps	Laps/Family	S E	1 .		Laps/Family	
11:00	Laps				Laps			11:00
								11:00
11:15				D				
11:30					1			
11:45	Break 11:45-	Break 11:45-			Break 11:45-			
	DICUK 11.45	DICAR II.45		F	DICUK II.TS	Stingrays		Noon
Noon				0				Noon
	Lanc	Lanc			Lanc	Swim Meet		
	Laps	Laps		R	Laps			
				N.				
1:00				N				1:00
				Е				
1:30 PM				W				1:30
				VV				1.50
1:45 PM	Laps/Family	Laps/Family			Laps/Family			
2:00				Υ				2:00
				Е				2:30 PM
2 45 514				Α				2.30 FM
2:45 PM								2:45 PM
3:00	Break 3-3:15	Break 3-3:15		R	Break 3-3:15			3:00
3:15				S				
3:30				_				
							<b>Laps:</b> lap	2.45.50
3:45 PM	Lans/Family	Laps/Family		E	Laps/Family			3:45 PM
4:00	Lups/1 diffilly	Lups/Tallilly		V	Lups/Tallilly		member	4:00
							swimmers of	
4.00				Е			any age.	4.50
4:30								4:30
	Break 4:45-5	Break 4:45-5			Break 4:45-5		<u>Adult</u> - For	
5:00							adult	5:00
5.00								5.50
							members only	
							Family: Open	
5:45					Stingrays Swim		swim for all	
6:00					Team			6:00
0.00	Stingrays	Stingrave			ream		members.	0.00
	_ ,	Stingrays						
6:30 PM	Swim Team	Swim Team						6:30 PM
7:00						Children unde	r 6 yrs old must	7:00
7.00								7.00
							m's reach of	
7:30							ult in the water.	7:30 PM
						Children 6-7 m	ust have an adult	
0.00					1		and pass the deep-	0.00
8:00							a lifejacket, or be	8:00
8:30							y an adult within	
0.50							e water. <b>Children</b>	
						under 5' who	cannot pass the	
9:00							est must be	9:00
							y an adult within	
							e water or wear a	
							_ // decir or vicur a	

## **EMERSON POOL SCHEDULE**

Effective 12/29/2025

12/29   12/30   12/31   1/1   1/2   1/3   1/4	5:00  6:00  7:00  7:30  8:00  8:30  9:00  10:00  11:00  11:30  Noon
Column	7:00 7:30 8:00 8:30 9:00 10:30 11:00 11:30
7:00  7:30  8:00  Laps  Laps  Laps  Deep Water Fitness  9:30  10:00  10:30  Schools's Out  Laps  Laps  School's Out  Laps  Laps  Laps  Laps  Deep Water Fitness  School's Out  Laps/Family	7:00 7:30 8:00 8:30 9:00 9:30 10:00 11:30
7:00  7:30  8:00  Laps  Laps  Laps  Deep Water Fitness  9:30  10:00  10:30  Schools's Out  Laps  Laps  School's Out  Laps  Laps  Laps  Laps  Deep Water Fitness  School's Out  Laps/Family	7:00 7:30 8:00 8:30 9:00 9:30 10:00 11:30
7:00  7:30  8:00  Laps  Laps  Laps  Deep Water Fitness  9:30  10:00  10:30  Schools's Out  Laps  Laps  School's Out  Laps  Laps  Laps  Laps  Deep Water Fitness  School's Out  Laps/Family	7:00 7:30 8:00 8:30 9:00 9:30 10:00 11:30
7:30  8:00  Laps  Laps  Laps  Deep Water Fitness  9:30  10:00  10:30  Schools's Out  Laps  Laps  Laps  Deep Water Fitness  School's Out  Laps/Family  Laps  Noon	7:30 8:00 8:30 9:00 9:30 10:00 11:00 11:30
7:30  8:00  Laps  Laps  Laps  Deep Water Fitness  9:30  10:00  10:30  Schools's Out  Laps  Laps  School's Out  Laps/Family  Laps  Noon	7:30 8:00 8:30 9:00 9:30 10:00 11:00 11:30
7:30  8:00  Laps  Laps  Laps  Deep Water Fitness  9:30  10:00  10:30  Schools's Out  Laps  Laps  Laps  Deep Water Fitness  School's Out  Laps/Family  Laps  Noon	7:30 8:00 8:30 9:00 9:30 10:00 11:00 11:30
8:00         Laps         Laps           8:30         Deep Water Fitness         Deep Water Fitness           9:30         Schools's Out         School's Out           10:30         School's Out         Laps/Family           Noon         Noon	8:00 8:30 9:00 9:30 10:00 10:30 11:00
8:30	8:30 9:00 9:30 10:00 10:30 11:00 11:30
8:30	8:30 9:00 9:30 10:00 10:30 11:00 11:30
9:00 Peep Water Fitness  9:30  10:00  10:30 Schools's Out  11:00  11:30  Noon	9:00 9:30 10:00 10:30 11:00
9:00     Fitness       9:30       10:00       10:30       Schools's Out       11:00       11:30       Noon    Fitness  Fitness  Fitness  Fitness	9:30 10:00 10:30 11:00 11:30
10:00   Schools's Out   School's Out   Laps/Family   Noon	10:00 10:30 11:00 11:30
10:00   Schools's Out   School's Out   Laps/Family   Noon	10:00 10:30 11:00 11:30
11:30 Noon Schools's Out Laps/Family	10:30 11:00 11:30
11:00 11:30 Laps/Family Noon	<b>11:00</b> 11:30
11:00 11:30 Noon	<b>11:00</b> 11:30
11:30 Noon	11:30
Noon	
Noon	
	Noon
12:30	
12.50	12:30
1:00	1:00
1:30 PM	
2:00	2:00
2:30	
2:45	
3:00 <u>Laps</u> : lap	3:00
3:30 member	
swimmers of	1.00
any age.	4:00
4:30 Adult For adult	4:30
5:00 members only	5:00
Family: Open	3.00
5:30 Laps/Family CLOSED FOR swim for all	5:30
5:45 Laps/Family NEW YEARS	6:00
AquaHigh/ EVE Children under 6 yrs old must be	3.00
DWF within arm's reach of supervising adult	
7:00 in the water. Children 6-7 must have an adult in the pool area and pass the	7:00
deep-end test, wear a lifejacket, or be	
accompanied by an adult within arm's reach in the water. <b>Children under 5'</b>	
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