

ALLYN-RIFORD POOL SCHEDULE

Effective 12/29/2025

	MON	TUE	WED	THUR	FRI	SAT	SUN						
9	12/29	12/30	13/31/25	1/1	1/2	1/3	1/4						
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		Laps	Laps	Laps	7:00								
7:15		Break 7:15-	Break 7:15-	Break 7:15-									
7:30	Laps	AHS Swim Team	AHS Swim Team	C L O S E D F O R N E W Y E A R S E V E	AHS Swim Team	Laps	Laps	7:30					
7:45													
8:00		AHS Swim Team	AHS Swim Team		AHS Swim Team	Laps	Laps/Masters (lanes 4-6)	8:00					
8:30											8:30		
8:45	Break 9-9:15	Aqua HiIT	Break 9-9:15		Deep Water Bootcamp	Laps/Family		9:00					
9:15								Aquacize	Laps			9:30	
9:30													
10:00	Break 10-10:15	Laps	Break 10-10:15			Break 10-10:15	Stingrays Swim Meet		10:00				
10:15	Laps		Laps/Family	Laps		Laps/Family			10:15				
11:00												11:00	
11:15													
11:30	Break 11:45-	Break 11:45-		Break 11:45-									
11:45	Laps	Laps					Laps	Noon					
Noon													
1:00												1:00	
1:30 PM	Laps/Family	Laps/Family		Laps/Family					1:30				
1:45 PM												2:00	
2:00													2:30 PM
2:45 PM						2:45 PM							
3:00	Break 3-3:15	Break 3-3:15		Break 3-3:15			3:00						
3:15	Laps/Family	Laps/Family		Laps/Family				3:45 PM					
3:30										4:00			
3:45 PM										4:30			
4:00	Break 4:45-5	Break 4:45-5		Break 4:45-5			5:00						
4:30											6:00		
5:00	Stingrays Swim Team	Stingrays Swim Team					Stingrays Swim Team			6:30 PM			
5:45													
6:00											7:30 PM		
6:30 PM											8:00		
7:00								9:00					
7:30													
8:00													
8:30													
9:00													

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

Laps: lap member swimmers of any age.
Adult- For adult members only
Family: Open swim for all members.

EMERSON POOL SCHEDULE

Effective 12/29/2025

	MON 12/29	TUE 12/30	WED 12/31	THUR 1/1	FRI 1/2	SAT 1/3	SUN 1/4		
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								9:30	
10:00	Schools's Out					School's Out	Laps/Family	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			CLOSED FOR NEW YEARS EVE			5:00	
5:30								5:30	
5:45		AquaHigh/ DWF						6:00	
6:00									
7:00						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.		7:00	
8:00								8:00	
9:00								9:00	

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