

ALLYN-RIFORD POOL SCHEDULE

Effective **1/12/2026**

| | MON 1/12 | TUE 1/13 | WED 1/14 | THUR 1/15 | FRI 1/16 | SAT 1/17 | SUN 1/18 | |
|--------------|---------------------|---------------------|--|---------------------|--|---|-------------|--------------------|
| 9 | | | | | | | | |
| 5:00 | | | | | | | | 5:00 |
| 6:00 | Laps | | Masters (lanes 3-5)/Laps (lanes 1-2 & 6) | | Masters (lanes 3-5)/Laps (lanes 1-2 & 6) | | | 6:00 |
| 7:00 | | | | | | | | 7:00 |
| 7:15 | Break 7:15- | | Laps | | Laps | | Laps | 7:00 |
| 7:30 | | Laps | Break 7:15- | | Laps | | Laps | 7:30 |
| 7:45 | | | | | | | | |
| 8:00 | Laps | | Laps | | Laps | | | 8:00 |
| 8:30 | | Break 8:30- | | | Break 8:30- | | | 8:30 |
| 8:45 | | | | | | | | |
| 9:00 | Break 9-9:15 | | Break 9-9:15 | | Aqua HiIT | Deep Water Bootcamp/Aquacize (9:15 start) | | 9:00 |
| 9:15 | | | | | Aqua HiIT | | | 9:30 |
| 9:30 | Aquacize | | Aquacize | | | | | |
| 10:00 | Break 10-10:15 | | Break 10-10:15 | | | Break 10-10:15 | | 10:00 |
| 10:15 | | | | | | | | 10:15 |
| 11:00 | Laps | Laps | Laps | Laps | | Laps | | 11:00 |
| 11:15 | | | | | | | | |
| 11:30 | | | | | | | | |
| 11:45 | Break 11:45- | Break 11:45- | Break 11:45- | Break 11:45- | Break 11:45- | Break 11:45- | | |
| Noon | Laps | Laps | Laps | Laps | Laps | Laps | | Noon |
| 1:00 | | | | | | | | 1:00 |
| 1:30 PM | | | | | | | | 1:30 |
| 1:45 PM | | | | | | | | |
| 2:00 | Laps/Family | Laps/Family | Laps/Family | Laps/Family | Laps/Family | Laps/Family | | 2:00 |
| 2:45 PM | | | | | | | | 2:30 PM 2:45 PM |
| 3:00 | Break 3-3:15 | Break 3-3:15 | Break 3-3:15 | Break 3-3:15 | Break 3-3:15 | Break 3-3:15 | | 3:00 |
| 3:15 | | | | | | | | |
| 3:30 | | | | | | | | |
| 3:45 PM | | | | | | | | |
| 4:00 | AHS Swim Team | AHS Swim Team | AHS (lanes 3-6)/Laps (lanes 1-2) | AHS Swim Team | AHS Swim Team | | | 4:00 |
| 4:30 | Break 4:45-5 | Break 4:45-5 | Break 4:45-5 | Break 4:45-5 | Break 4:45-5 | Break 4:45-5 | | 4:30 |
| 5:00 | | | | | | Laps/Family | | 5:00 |
| 5:45 | | | | | | | | |
| 6:00 | Stingrays Swim Team | Stingrays Swim Team | Stingrays Swim Team | Stingrays Swim Team | Stingrays Swim Team | | | 6:00 |
| 6:30 PM | | | | | | | | 6:30 PM |
| 7:00 | | | | | | | | 7:00 |
| 7:30 | | | | | | | | 7:30 PM |
| 8:00 | | | | | | | | 8:00 |
| 8:30 | | | | | | | | |
| 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

EMERSON POOL SCHEDULE
Effective 1/12/2026

| | MON 1/12 | TUE 1/13 | WED 1/14 | THUR 1/15 | FRI 1/16 | SAT 1/17 | SUN 1/18 | |
|--------------|--------------------|------------------|--------------------|--------------|--------------------|----------------------|--------------------|--------------|
| 5:00 | | | | | | | | 5:00 |
| 6:00 | | | | | | | | 6:00 |
| 7:00 | | | | | | | | 7:00 |
| 7:30 | | Laps | | Laps | | Laps | | 7:30 |
| 8:00 | | | Deep Water Fitness | | Deep Water Fitness | | Deep Water Fitness | 8:00 |
| 8:30 | | | | | | | | 8:30 |
| 9:00 | Deep Water Fitness | | | | | | | 9:00 |
| 9:30 | | | | | | | | 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 | | | | | | | | 1:30 PM |
| 2:00 | | | | | | | | 2:00 |
| 2:30 | | | | | | | | 2:30 |
| 2:45 | | | | | | | | 2:45 |
| 3:00 | | | | | | | | 3:00 |
| 3:30 | | | | | | | | 3:30 |
| 4:00 | | Laps/Family | | | | | | 4:00 |
| 4:30 | | | | | | | | 4:30 |
| 5:00 | Laps/Family | Swim Lessons | Laps/Family | Swim Lessons | | | | 5:00 |
| 5:30 | | | | | | | | 5:30 |
| 5:45 | | | | | | | | 5:45 |
| 6:00 | Swim Lessons | AquaHigh/ DWF | Swim Lessons | | AquaHigh/ DWF | | | 6:00 |
| 7:00 | Laps/Family | | Laps/Family | | | Swim Lessons/Laps | | 7:00 |
| 8:00 | | | | | | | | 8:00 |
| 9:00 | | | | | | | | 9:00 |

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