

ALLYN-RIFORD POOL SCHEDULE

Effective 1/12/2026

	MON	TUE	WED	THUR	FRI	SAT	SUN						
9	1/12	1/13	1/14	1/15	1/16	1/17	1/18						
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	Laps	7:30	
7:15													Break 7:15-
7:30	Laps	Laps	Laps	AHS Swim Team (lanes 5&6)/Laps	Laps								
7:45						Laps	Laps						Laps
8:00								Laps	Laps	Laps	Laps		
8:30												Laps	
8:45	Laps	Laps	Laps	Laps									
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11:30	Laps	Laps	Laps	Laps									
11:45					Laps	Laps	Laps						Laps
Noon								Laps	Laps	Laps	Laps		
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1:30 PM	Laps	Laps	Laps	Laps									
1:45 PM					Laps	Laps	Laps						Laps
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2:30 PM												Laps	
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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	
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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.