

ALLYN-RIFORD POOL SCHEDULE

Effective 1/19/2026

	MON	TUE	WED	THUR	FRI	SAT	SUN		
9	1/19	1/20	1/21	1/22	1/23	1/24	1/25		
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								7:00	
7:15								7:15	
7:30	Laps	Laps	Break 7:15-	Laps	Break 7:15-	Laps	Laps	7:30	
7:45									
8:00									
8:30									
8:45	Laps	Break 8:30-	Laps	Break 8:30-	Break 8:30-	Stingrays/ AHS Swim Team	Laps/Masters (lanes 4-6)	8:30	
9:00								9:00	
9:15									
9:30									
9:00	Break 9-9:15	Aqua HiIT	Break 9-9:15	Aqua HiIT	Deep Water Bootcamp/Aquacize (9:15 start)	Laps (lanes 3&4)/Swim Lessons (1-2 &5-6)		9:30	
10:00	10:00								
10:15									
11:00									
11:15	Laps (lanes 1-3)/LG In-Service 4-6)	Laps	Laps	Laps	Laps		Laps/Family	11:00	
11:30									
11:45									
Noon									
1:00	Laps	Laps	Laps	Laps	Laps	Laps/Family		Noon	
1:30 PM									
1:45 PM									
2:00									
2:30 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			1:00	
2:45 PM									
3:00									
3:15									
3:30	AHS Swim Team	AHS Swim Team	AHS (lanes 3-6)/Laps (lanes 1-2)	AHS Swim Team	AHS (lanes 3-6)/Laps (lanes 1-2)			1:30	
3:45 PM									
4:00									
4:30									
4:45	Break 4:45-5	Break 4:45-5		Break 4:45-5	Break 4:45-5			2:00	
5:00	Stingrays Swim Team	Stingrays Swim Team	AHS Swim Team	Stingrays Swim Team	Laps/Family			2:30 PM	
5:45									
6:00									
6:30 PM									
7:00	Laps/Family	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team			2:45 PM	
7:30									
8:00									
8:30									
9:00								3:00	
								3:45 PM	
								4:00	
								4:30	
								5:00	
								6:00	
								6:30 PM	
								7:00	
								7:30 PM	
								8:00	
								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 1/19/2026

	MON 1/19	TUE 1/20	WED 1/21	THUR 1/22	FRI 1/23	SAT 1/24	SUN 1/25	
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						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	Laps/Family	Laps/Family						4:00
4:30								4:30
5:00		Swim Lessons	Laps/Family	Swim Lessons				5:00
5:30								5:30
5:45								
6:00	Swim Lessons	AquaHigh/ DWF	Swim Lessons	AquaHigh/ DWF				6:00
7:00		Swim Lessons/Laps	Laps/Family	Swim Lessons/Laps				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.