

ALLYN-RIFORD POOL SCHEDULE

Effective 2/2/2026

	MON	TUE	WED	THUR	FRI	SAT	SUN							
9	2/2	2/3	2/4	2/5	2/6	2/7	2/8							
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	Break 7:15-	Laps	Break 7:15-	Laps	Break 7:15-	Laps	Laps	7:30						
7:30	Laps		Laps		Laps			Laps	AHS Swim Team/ Stingrays	Laps/Masters (lanes 4-6)				
7:45											8:00			
8:00	Laps	Break 8:30-	Laps	Break 8:30-	Break 8:30-	Laps (lanes 3&4)/Swim Lessons (1-2 &5-6)	Laps/Family	8:30						
8:30		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)	Laps/Family				
8:45				9:00										
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)	Laps/Family	9:30						
9:15	Aquacize		Break 10-10:15					Laps	Laps	Laps	Laps			
9:30			10:00											
10:00	Break 10-10:15	Laps	Break 10-10:15	Laps	Laps	Laps (lanes 3&4)/Swim Lessons (1-2 &5-6)	Laps/Family	10:15						
10:15	Laps		Laps					Laps	Laps	Laps	Laps			
11:00												11:00		
11:15	Laps	Laps	Laps	Laps	Laps	Laps (lanes 3&4)/Swim Lessons (1-2 &5-6)	Laps/Family	11:30						
11:30								Laps	Laps	Laps	Laps	Laps	Laps	
11:45														11:45
11:45	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Laps/Family	Laps/Family	Noon						
Noon	Laps	Laps	Laps	Laps	Laps			Laps						
1:00									1:00					
1:30 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps (lanes 3&4)/Swim Lessons (1-2 &5-6)	Laps/Family	1:30						
1:45 PM								Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps	
2:00														2:00
2:45 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps (lanes 3&4)/Swim Lessons (1-2 &5-6)	Laps/Family	2:30 PM						
3:00								Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps	
3:15														2:45 PM
3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Laps (lanes 3&4)/Swim Lessons (1-2 &5-6)	Laps/Family	3:00						
3:30	AHS Swim Team	AHS Swim Team	AHS Swim Team	AHS Swim Team	AHS Swim Team			Laps (lanes 3&4)/Swim Lessons (1-2 &5-6)	Laps/Family					
3:30										3:45 PM				
3:45 PM	AHS Swim Team	AHS Swim Team	AHS Swim Team	AHS Swim Team	AHS Swim Team	Laps (lanes 3&4)/Swim Lessons (1-2 &5-6)	Laps/Family	3:45 PM						
4:00	AHS Swim Team	AHS Swim Team	AHS Swim Team	AHS Swim Team	AHS Swim Team			Laps (lanes 3&4)/Swim Lessons (1-2 &5-6)	Laps/Family					
4:30										4:00				
4:30	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Laps (lanes 3&4)/Swim Lessons (1-2 &5-6)	Laps/Family	4:30						
5:00	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team			Laps (lanes 3&4)/Swim Lessons (1-2 &5-6)	Laps/Family					
5:45										5:00				
6:00	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Laps (lanes 3&4)/Swim Lessons (1-2 &5-6)	Laps/Family	6:00						
6:30 PM								Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Laps (lanes 3&4)/Swim Lessons (1-2 &5-6)	Laps/Family
7:00														
7:00	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Laps (lanes 3&4)/Swim Lessons (1-2 &5-6)	Laps/Family	7:00						
7:30								Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Laps (lanes 3&4)/Swim Lessons (1-2 &5-6)	Laps/Family
8:00														
8:00	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Laps (lanes 3&4)/Swim Lessons (1-2 &5-6)	Laps/Family	8:00						
8:30								Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Laps (lanes 3&4)/Swim Lessons (1-2 &5-6)	Laps/Family
9:00														
9:00	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Laps (lanes 3&4)/Swim Lessons (1-2 &5-6)	Laps/Family	9:00						
9:30								Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Laps (lanes 3&4)/Swim Lessons (1-2 &5-6)	Laps/Family
10:00														

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 **2/2/2026**

	MON 2/2	TUE 2/3	WED 2/4	THUR 2/5	FRI 2/6	SAT 2/7	SUN 2/8	
5:00								5:00
6:00								6:00
7:00								7:00
7:30								7:30
8:00	Laps		Laps		Laps			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								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	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.