

ALLYN-RIFORD POOL SCHEDULE

Effective **2/9/2026**

	MON 2/9	TUE 2/10	WED 2/11	THUR 2/12	FRI 2/13	SAT 2/14	SUN 2/15	
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			9:00
9:15		Aqua HiIT			Aqua HiIT			9:15
9:30	Aquacize		Aquacize		Deep Water Bootcamp/Aquacize (9:15 start)			9:30
10:00	Break 10-10:15		Break 10-10:15		Break 10-10:15			10:00
10:15		Laps			Laps			10:15
11:00			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/Laps (lanes 1-3)	AHS Swim Team	AHS Swim Team/Laps (lanes 1-3)	AHS Swim Team	AHS Swim Team		4:00
4:30								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		
5:00						Laps/Family		5:00
5:45								
6:00	AHS 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								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 2/9/2026

	MON 2/9	TUE 2/10	WED 2/11	THUR 2/12	FRI 2/13	SAT 2/14	SUN 2/15	
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								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			Laps		7:00
8:00		Swim Lessons/Laps						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.