

# ALLYN-RIFORD POOL SCHEDULE

Effective **2/9/2026**

	MON	TUE	WED	THUR	FRI	SAT	SUN					
9	2/9	2/10	2/11	2/12	2/13	2/14	2/15					
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						Stingrays		Laps	Laps			
8:00										Laps	Laps	Laps
8:30												
8:45	Laps	Laps	Laps									
9:00				Laps	Laps	Laps						
9:15							Laps	Laps	Laps			
9:30										Laps	Laps	Laps
10:00	Laps	Laps	Laps									
10:15				Laps	Laps	Laps						
11:00							Laps	Laps	Laps			
11:15										Laps	Laps	Laps
11:30	Laps	Laps	Laps									
11:45				Laps	Laps	Laps						
Noon							Laps	Laps	Laps			
1:00										Laps	Laps	Laps
1:30 PM	Laps	Laps	Laps									
1:45 PM				Laps	Laps	Laps						
2:00							Laps	Laps	Laps			
2:30 PM										Laps	Laps	Laps
2:45 PM	Laps	Laps	Laps									
3:00				Laps	Laps	Laps						
3:15							Laps	Laps	Laps			
3:30										Laps	Laps	Laps
3:45 PM	Laps	Laps	Laps									
4:00				Laps	Laps	Laps						
4:30							Laps	Laps	Laps			
5:00										Laps	Laps	Laps
5:45	Laps	Laps	Laps									
6:00				Laps	Laps	Laps						
6:30 PM							Laps	Laps	Laps			
7:00										Laps	Laps	Laps
7:30	Laps	Laps	Laps									
8:00				Laps	Laps	Laps						
8:30							Laps	Laps	Laps			
9:00										Laps	Laps	Laps

**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								8:00								
8:30	Deep Water Fitness			Deep Water Fitness	Deep Water Fitness			8:30								
9:00								9:00								
9:30						Swim Lessons		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																
2:00								2:00								
2:30																
2:45																
3:00								3:00								
3:30																
4:00			Laps/Family				<div><b>Laps:</b> lap member swimmers of any age. <b>Adult-</b> For adult members only <b>Family:</b> Open swim for all members.</div> <div><b>Children under 6 yrs old</b> must be within arm's reach of supervising adult in the water. <b>Children 6-7</b> 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. <b>Children under 5' who cannot pass the deep-end test</b> must be accompanied by an adult within arm's reach in the water or wear a lifejacket.</div>	4:00								
4:30								4:30								
5:00	Laps/Family	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								
	Laps/Family															
7:00			Swim Lessons/Laps	Laps/Family	Laps				7:00							
8:00								8:00								
9:00								9:00								