

# ALLYN-RIFORD POOL SCHEDULE

Effective **2/23/2026**

	MON 2/23	TUE 2/24	WED 2/25	THUR 2/26	FRI 2/27	SAT 2/28	SUN 3/1	
9								
5:00	Laps	Laps	Masters (lanes 3-5)/Laps (lanes 1-2 & 6)	Laps	Masters (lanes 3-5)/Laps (lanes 1-2 & 6)	Laps	Laps	5:00
6:00			6:00					
7:00	Break 7:15-	Laps	Laps	Laps	Laps	Laps	Laps	7:00
7:15			7:15					
7:30	Laps	Laps	Laps	Laps	Laps	Laps (lanes 1-4)/AHS (lanes 5&6)	Laps	7:30
7:45								7:45
8:00	Break 8:30-	Aqua HIIT	Laps	Aqua HIIT	Deep Water Bootcamp/Aquacize (9:15 start)	Laps (lanes 3&4)/Swim Lessons (1-2 & 5-6)	Laps/Masters (lanes 4-6)	8:00
8:30			8:30					
8:45	Break 9-9:15	Aqua HIIT	Aquacize	Aquacize	Aquacize	Laps (lanes 3&4)/Swim Lessons (1-2 & 5-6)	Laps/Family	8:30
9:00								9:00
9:15	Break 10-10:15	Laps	Laps	Laps	Laps	Laps (lanes 3&4)/Swim Lessons (1-2 & 5-6)	Laps/Family	9:30
9:30								9:30
10:00	Break 10-10:15	Laps	Laps	Laps	Laps	Laps (lanes 3&4)/Swim Lessons (1-2 & 5-6)	Laps/Family	10:00
10:15								10:15
11:00	Break 11:45-	Laps	Laps	Laps	Laps	Laps (lanes 3&4)/Swim Lessons (1-2 & 5-6)	Laps/Family	11:00
11:15								11:15
11:30	Break 11:45-	Laps	Laps	Laps	Laps	Laps (lanes 3&4)/Swim Lessons (1-2 & 5-6)	Laps/Family	11:30
11:45								11:45
Noon	Laps	Laps	Laps	Laps	Laps	Laps	Laps	Noon
1:00	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	1:00
1:30 PM								1:30
1:45 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	2:00
2:00								2:00
2:45 PM	Break 3-3:15	Laps (lanes 1-2)/AHS Swim Team (lanes 3-6)	2:30 PM					
3:00								2:45 PM
3:15	Break 3-3:15	Laps (lanes 1-2)/AHS Swim Team (lanes 3-6)	3:00					
3:30								3:00
3:45 PM	Break 4:45-5	Laps (lanes 1-2)/AHS Swim Team (lanes 3-6)	3:45 PM					
4:00								4:00
4:30	Break 4:45-5	Laps (lanes 1-2)/AHS Swim Team (lanes 3-6)	4:30					
5:00								4:30
5:45	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Laps/Family	Stingrays Swim Team	5:00
6:00								5:00
6:30 PM	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Laps/Family	Stingrays Swim Team	6:00
7:00								6:30 PM
7:30	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Laps/Family	Stingrays Swim Team	7:00
8:00								7:00
8:30	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Laps/Family	Stingrays Swim Team	7:30 PM
9:00								8:00
9:00	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Laps/Family	Stingrays Swim Team	8:00
9:00								8:00
9:00	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Laps/Family	Stingrays Swim Team	9:00
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

# EMERSON POOL SCHEDULE

Effective **2/23/2026**

	MON 2/23	TUE 2/24	WED 2/25	THUR 2/26	FRI 2/27	SAT 2/28	SUN 3/1	
5:00								5:00
6:00								6:00
7:00								7:00
7:30								7:30
8:00								8:00
8:30								8:30
9:00								9:00
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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	4:00							
4:30	4:30							
5:00	5:00							
5:30	5:30							
5:45	5:45							
6:00	6:00							
7:00	7:00							
8:00	8:00							
9:00	9:00							

  

Time	MON	TUE	WED	THUR	FRI	SAT	SUN
7:30 - 8:00	Laps		Laps		Laps		
8:30 - 9:00	Deep Water Fitness		Deep Water Fitness		Deep Water Fitness		
9:00 - 10:30	ELC Swim Lessons		ELC Swim Lessons			Swim Lessons	
4:00 - 4:30		Lifeguard In-Service					
5:00 - 5:45	Laps/Family	Swim Lessons	Laps/Family	Swim Lessons			
6:00 - 7:00	Swim Lessons	AquaHigh/DWF	Swim Lessons	AquaHigh/DWF			
7:00 - 8:00	Laps/Family	Swim Lessons/Laps	Laps/Family	Laps			

  

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