

ALLYN-RIFORD POOL SCHEDULE

Effective **3/2/2026**

	MON 3/2	TUE 3/3	WED 3/4	THUR 3/5	FRI 3/6	SAT 3/7	SUN 3/8	
9								
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	Break 7:15-	Laps	Break 7:15-	Laps	Break 7:15-	Laps		7:00
7:15			7:30					
7:30	Laps	Break 8:30-	Laps	Break 8:30-	Break 8:30-	Stingrays	Laps	8:00
8:00								8:30
8:30	Break 9-9:15	Aqua HIIT	Break 9-9:15	Aqua HIIT	Break 9-9:15	Deep Water Bootcamp/Aquacize (9:15 start)	Laps (lanes 3&4)/Swim Lessons (1-2 &5-6)	9:00
9:00			9:30					
9:15	Aquacize	Break 10-10:15	Laps	Break 10-10:15	Laps	Laps	Laps/Family	10:00
9:30								10:15
10:00	Laps	Break 11:45-	Laps	Break 11:45-	Laps	Laps	Laps/Family	11:00
10:15								11:00
11:00	Break 11:45-	Laps	Laps	Break 11:45-	Laps	Laps	Masters Swim Meet	11:00
11:15								11:30
11:30	Laps	Laps	Laps	Laps	Laps	Laps	Masters Swim Meet	Noon
11:45								Noon
Noon	Laps	Laps	Laps	Laps	Laps	BOCES	Masters Swim Meet	1:00
1:00								1:30
1:30 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Masters Swim Meet	1:30
1:45 PM								2:00
2:00	Laps/Family	Break 3-3:15	Laps/Family	Break 3-3:15	Break 3-3:15	Laps/Family	Masters Swim Meet	2:00
2:45 PM								2:30 PM
2:45 PM	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Laps/Family	Masters Swim Meet	2:45 PM
3:00								3:00
3:15	Laps (lanes 1-2)/AHS Swim Team (lanes 3-6)	Laps (lanes 1-2)/AHS Swim Team (lanes 3-6)	Family (lanes 1-2)/Laps (lanes 3-6)	Break 3-3:15	Break 3-3:15	Laps/Family	Masters Swim Meet	3:00
3:30								3:45 PM
3:30	Break 4:45-5	Break 4:45-5	AHS Swim Meet	Break 4:45-5	Break 4:45-5	Laps/Family	Masters Swim Meet	3:45 PM
3:45 PM								4:00
4:00	Stingrays Swim Team	Stingrays Swim Team	AHS Swim Meet	Break 4:45-5	Break 4:45-5	Laps/Family	Masters Swim Meet	4:00
4:30								4:30
4:30	Stingrays Swim Team	Stingrays Swim Team	AHS Swim Meet	Break 4:45-5	Break 4:45-5	Laps/Family	Masters Swim Meet	5:00
5:00								5:00
5:45	Stingrays Swim Team	Stingrays Swim Team	AHS Swim Meet	Break 4:45-5	Break 4:45-5	Laps/Family	Masters Swim Meet	5:45
6:00								6:00
6:00	Stingrays Swim Team	Stingrays Swim Team	AHS Swim Meet	Break 4:45-5	Break 4:45-5	Stingrays Swim Team	Masters Swim Meet	6:00
6:30 PM								6:30 PM
7:00	Stingrays Swim Team	Stingrays Swim Team	AHS Swim Meet	Break 4:45-5	Break 4:45-5	Stingrays Swim Team	Masters Swim Meet	7:00
7:30								7:30
7:30	Stingrays Swim Team	Stingrays Swim Team	AHS Swim Meet	Break 4:45-5	Break 4:45-5	Stingrays Swim Team	Masters Swim Meet	7:30
8:00								8:00
8:00	Stingrays Swim Team	Stingrays Swim Team	AHS Swim Meet	Break 4:45-5	Break 4:45-5	Stingrays Swim Team	Masters Swim Meet	8:00
8:30								8:30
9:00	Stingrays Swim Team	Stingrays Swim Team	AHS Swim Meet	Break 4:45-5	Break 4:45-5	Stingrays Swim Team	Masters Swim Meet	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 **3/2/2026**

	MON 3/2	TUE 3/3	WED 3/4	THUR 3/5	FRI 3/6	SAT 3/7	SUN 3/8	
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	ELC Swim Lessons		ELC Swim Lessons			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			BTW			4:00
4:30								4:30
5:00	Laps/Family	Swim Lessons		Swim Lessons	Town of Montezuma Swim Lessons			5:00
5:30								5:30
5:45								5:45
6:00	Swim Lessons	AquaHigh/DWF	CLOSED FOR STAFF MEETING	AquaHigh/DWF				6:00
7:00	Laps/Family	Swim Lessons/Laps		Laps				7:00
8:00								8:00
9:00								9:00

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