

# ALLYN-RIFORD POOL SCHEDULE

Effective **3/16/2026**

	MON 3/16	TUE 3/17	WED 3/18	THUR 3/19	FRI 3/20	SAT 3/21	SUN 3/22	
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	Laps	7:00
7:15			7:30					
7:30	Laps	Break 8:30-	Laps	Break 8:30-	Break 8:30-	Laps	Laps/Masters	7:30
7:45								8:00
8:00	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)	8:30
8:30			9:00					
8:45	Aquacize	Break 10-10:15	Laps	Break 10-10:15	Break 10-10:15	Laps	Laps/Family	9:30
9:15								10:00
9:30	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Laps/Family		10:00
10:00								10:15
10:15	Laps	Laps	Laps	Laps	Laps	Laps	Laps/Family	11:00
11:00								11:15
11:15	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Laps/Family		11:30
11:30								11:45
11:45	Laps	Laps	Laps	Laps	Laps	Laps		Noon
Noon								1:00
1:00	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		2:00
2:00								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		2:45 PM
3:00								3:00
3:15	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family		3:45 PM
3:30								4:00
3:45 PM	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Laps/Family		4:00
4:00								4:30
4:30	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Laps/Family		5:00
5:00								5:45
5:45	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Laps/Family		6:00
6:00								6:30 PM
6:30 PM								7:00
7:00								7:30 PM
7:30								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 **3/16/2026**

	MON 3/16	TUE 3/17	WED 3/18	THUR 3/19	FRI 3/20	SAT 3/21	SUN 3/22	
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						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

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**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.