

ALLYN-RIFORD POOL SCHEDULE

Effective **3/30/2026**

	MON 3/30	TUE 3/31	WED 4/1	THUR 4/2	FRI 4/3	SAT 4/4	SUN 4/5	
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	Laps	Laps	Laps	Laps		7:00
7:15			7:15					
7:30	Laps		Laps		Laps			7:30
7:45								8:00
8:00	Break 8:30-	Aqua HIIT	Laps	Aqua HIIT	Laps	Swim Lessons	CLOSED FOR EASTER	8:00
8:30			8:30					
8:45	Break 9-9:15	Aqua HiIT	Break 9-9:15	Aqua HIIT	Deep Water Bootcamp			9:00
9:00			9:00					
9:15	Aquacize		Aquacize		Deep Water Bootcamp			9:30
9:30			10:00					
10:00	Laps	Laps	Break 10-10:15	Laps	Break 10-10:15	Laps/Family		10:00
10:15			10:15					
11:00	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-			11:00
11:15			11:00					
11:30	Laps	Laps	Laps	Laps	Laps			
11:45			11:45					
Noon	Laps	Laps	Laps	Laps	Laps			Noon
			Noon					
1:00	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			2:00
2:00			2:00					
2:45 PM	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15			2:30 PM
3:00			3:00					
3:15	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			3:00
3:30			3:00					
3:45 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			3:45 PM
4:00			4:00					
4:30	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5			4:30
			4:30					
5:00	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Town of Montezuma Lessons			5:00
5:45			5:00					
6:00	Laps (lanes 1-3)/Stingrays (lanes 4-6)	Laps (lanes 1-3)/Stingrays (lanes 4-6)	Laps (lanes 1-3)/Stingrays (lanes 4-6)	Laps/Family	Laps (lanes 1-3)/Stingrays (lanes 4-6)			6:00
6:30 PM			6:00					
7:00	Laps (lanes 1-3)/Stingrays (lanes 4-6)	Laps (lanes 1-3)/Stingrays (lanes 4-6)	Laps (lanes 1-3)/Stingrays (lanes 4-6)	Laps/Family	Laps (lanes 1-3)/Stingrays (lanes 4-6)			7:00
7:30			7:00					
8:00								8:00
8:30			8:00					
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 **3/30/2026**

	MON 3/30	TUE 3/31	WED 4/1	THUR 4/2	FRI 4/3	SAT 4/4	SUN 4/5	
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			SACC Swim		SACC Swim	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/Family	Swim Lessons				7:00
8:00								8:00
9:00								9:00

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