

ALLYN-RIFORD POOL SCHEDULE

Effective **4/20/2026**

	MON 4/20	TUE 4/21	WED 4/22	THUR 4/23	FRI 4/24	SAT 4/25	SUN 4/26	
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			Break 7:15-		7:30			
7:30	Laps	Laps	Laps	Laps	Laps	Laps	Laps	7:30
7:45								8:00
8:00	Break 8:30-	Aqua HIIT	Laps	Aqua HIIT	Deep Water Bootcamp	Swim Lessons (lanes 1-3)/Laps (lanes 4-6)	Laps/Masters	8:30
8:30			Break 8:30-		9:00			
8:45	Aquacize	Aquacize	Aquacize	Aquacize	Aquacize	Aquacize	Aquacize	9:30
9:15								Break 9-9:15
9:30	Break 10-10:15	Laps	Laps	Laps	Laps	Laps	Laps	10:00
10:00			Break 10-10:15		10:15			
10:15	Laps	Laps	Laps	Laps	Laps	Laps	Laps	11:00
11:00								11:15
11:15	Break 11:45-	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	Laps	Noon
Noon								1:00
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								2:30 PM
2:45 PM	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	2:45 PM
3:00								3:00
3:15	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	3:15
3:30								3:45 PM
3:45 PM	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	4:00
4:00								4:30
4:30	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	4:30
5:00								5:00
5:45	Laps/Family	Laps/Family	Laps (lanes 1-3)/ LG Training (lanes 4-6)	Laps/Family	Town of Montezuma Lessons	Town of Montezuma Lessons	Town of Montezuma Lessons	6:00
6:00								6:30 PM
6:30 PM	Laps/Family	Laps/Family	Lifeguard Inservice	Laps/Family	Laps/Family	Laps/Family	Laps/Family	6:30 PM
7:00								7:00
7:30	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	7:30 PM
8:00								8:00
8:30	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	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 **4/20/2026**

	MON 4/20	TUE 4/21	WED 4/22	THUR 4/23	FRI 4/24	SAT 4/25	SUN 4/26	
5:00								5:00
6:00								6:00
7:00								7:00
7:30								7:30
8:00	Self Directed Aquatic Fitness		Self Directed Aquatic Fitness		Self Directed Aquatic Fitness			8:00
8:30							8:30	
9:00							9:00	
9:30								9:30
10:00						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								
5:45								5:45
6:00	Swim Lessons	AquaHigh/ DWF	Swim Lessons	AquaHigh/ DWF				6:00
6:30	Laps/Family				Laps/Family			
7:00				Swim Lessons				7:00
8:00								8:00
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 lifejacket.