

# ALLYN-RIFORD POOL SCHEDULE

Effective **4/27/2026**

	MON 4/27	TUE 4/28	WED 4/29	THUR 4/30	FRI 5/1	SAT 5/2	SUN 5/3	
9								
<b>5:00</b>	Laps		Masters (lanes 3-5)/Laps (lanes 1-2 & 6)		Masters (lanes 3-5)/Laps (lanes 1-2 & 6)			<b>5:00</b>
<b>6:00</b>			<b>6:00</b>					
<b>7:00</b>	Break 7:15-	Laps	Break 7:15-	Laps	Break 7:15-	Laps	Laps	<b>7:00</b>
<b>7:15</b>			7:30					
7:30	Laps	Break 8:30-	Laps	Break 8:30-	Break 8:30-	Laps	Laps/Masters (3 lanes)	7:30
<b>8:00</b>								<b>8:00</b>
8:30	Break 9-9:15	Aqua HIIT	Break 9-9:15	Aqua HIIT	Deep Water Bootcamp	Swim Lessons (lanes 1-3)/Laps (lanes 4-6)		8:30
<b>9:00</b>			<b>9:00</b>					
9:15	Aquacize	Break 10-10:15	Laps	Break 10-10:15	Laps	Swim Lessons		9:30
9:30								<b>10:00</b>
<b>10:00</b>	Laps	Break 11:45-	Laps	Break 11:45-	Laps	Special Olympics Swim Meet		<b>10:00</b>
10:15								10:15
<b>11:00</b>	Break 11:45-	Laps	Laps	Break 11:45-	Laps	Laps/Family		<b>11:00</b>
11:15								11:30
11:30	Laps	Break 3-3:15	Laps	Break 3-3:15	Laps	Laps/Family		<b>Noon</b>
<b>Noon</b>								<b>Noon</b>
1:00	Laps	Break 3-3:15	Laps	Break 3-3:15	Laps	Laps/Family		<b>1:00</b>
1:30 PM								1:30
1:45 PM	Laps/Family	Break 3-3:15	Laps	Break 3-3:15	Laps	Laps/Family		<b>2:00</b>
<b>2:00</b>								<b>2:00</b>
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		2:30 PM
<b>3:00</b>								<b>3:00</b>
3:15	Laps	Break 4:45-5	Laps	Break 4:45-5	Laps	Laps/Family		3:45 PM
3:30								<b>4:00</b>
3:45 PM	Laps/Family	Break 4:45-5	Laps	Break 4:45-5	Laps	Laps/Family		<b>4:00</b>
<b>4:00</b>								<b>4:30</b>
<b>4:30</b>	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Laps/Family		<b>5:00</b>
<b>5:00</b>								<b>5:00</b>
5:45	Laps	Break 4:45-5	Laps	Break 4:45-5	Laps	Laps/Family		<b>6:00</b>
<b>6:00</b>								<b>6:00</b>
6:30 PM	Laps/Family	Break 4:45-5	Laps	Break 4:45-5	Laps	Laps/Family		6:30 PM
<b>7:00</b>								<b>7:00</b>
<b>7:00</b>	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Laps/Family		<b>7:30</b>
<b>7:30</b>								<b>7:30</b>
<b>8:00</b>	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Laps/Family		<b>8:00</b>
<b>8:30</b>								<b>8:00</b>
<b>9:00</b>	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Laps/Family		<b>9:00</b>
<b>9:00</b>								<b>9:00</b>

**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 **4/27/2026**

	MON 4/27	TUE 4/28	WED 4/29	THUR 4/30	FRI 5/1	SAT 5/2	SUN 5/3	
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								
9:30								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		BTW Rental				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								
7:00	Laps/Family		Laps/Family		Swim Lessons			7:00
7:30								7:30
8:00								8:00
9:00								9:00

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