

# ALLYN-RIFORD POOL SCHEDULE

Effective **5/4/2026**

	MON 5/4	TUE 5/5	WED 5/6	THUR 5/7	FRI 5/8	SAT 5/9	SUN 5/10	
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		<b>7:00</b>
<b>7:15</b>								7:30
7:30	Laps	Break 8:30-	Laps	Break 8:30-	Break 8:30-	Laps (lanes 1-3)/LG Class (lanes 4-6)	Laps	7:30
<b>8:00</b>								<b>8:00</b>
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)	Swim Lessons (lanes 1-3)/LG Class (lanes 4-6)	8:30
<b>9:00</b>								<b>9:00</b>
9:15	Aquacize		Aquacize					9:30
9:30								<b>10:00</b>
<b>10:00</b>	Break 10-10:15	Laps	Break 10-10:15	Laps	Break 10-10:15	Swim Lessons		<b>10:00</b>
10:15	Laps		Laps		Laps			Laps
<b>11:00</b>	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Laps/Family	Laps/Family	<b>11:00</b>
11:15								<b>11:00</b>
11:30	Laps	Laps	Laps	Laps	Laps			11:30
<b>Noon</b>								<b>Noon</b>
11:45	Laps	Laps	Laps	Laps	Laps			11:45
<b>1:00</b>								<b>1:00</b>
1:30 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			1:30
1:45 PM								<b>2:00</b>
<b>2:00</b>	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Lifeguard Recertification Class		<b>2:00</b>
2:45 PM								2:30 PM
<b>3:00</b>	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			2:45 PM
3:15								<b>3:00</b>
3:30	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			3:30
3:45 PM								3:45 PM
<b>4:00</b>	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Lifeguard Recertification Class		<b>4:00</b>
<b>4:30</b>								<b>4:30</b>
4:30	Stingrays Technique Clinic	Laps/Family	Stingrays Technique Clinic	Laps/Family	Laps/Family			4:30
<b>5:00</b>								<b>5:00</b>
5:45	Laps/Family	Laps/Family	Laps/Family	Laps/Family				5:45
<b>6:00</b>								<b>6:00</b>
6:30 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family				6:30 PM
<b>7:00</b>								<b>7:00</b>
<b>7:30</b>								7:30
<b>8:00</b>								<b>8:00</b>
8:30								8:30
<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

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	MON 5/4	TUE 5/5	WED 5/6	THUR 5/7	FRI 5/8	SAT 5/9	SUN 5/10	
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								5:30
5:45								5:45
6:00	Swim Lessons	AquaHigh/ DWF	Swim Lessons	AquaHigh/ DWF				6:00
6:30								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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