

ALLYN-RIFORD POOL SCHEDULE

Effective **6/1/2026**

	MON 6/1	TUE 6/2	WED 6/3	THUR 6/4	FRI 6/5	SAT 6/6	SUN 6/7	
9								
5:00								5:00
6:00	Laps		Laps		Laps			6:00
7:00								7:00
7:15	Break 7:15-	Laps	Break 7:15-	Laps	Break 7:15-			7:30
7:30						Laps	Laps	
7:45								8:00
8:00	Laps		Laps		Laps			8:30
8:30		Break 8:30-		Break 8:30-	Break 8:30-			
8:45								9:00
9:00	Break 9-9:15	Aqua HIIT	Break 9-9:15	Aqua HIIT	Deep Water Bootcamp/Aquacize (9:15 start)	Swim Lessons (lanes 1-3)/Laps (4-6)		9:30
9:15	Aquacize		Aquacize					
9:30								10:00
10:00	Break 10-10:15		Break 10-10:15		Break 10-10:15			10:15
10:15						Swim Lessons		
11:00	Laps	Laps	Laps	Laps	Laps			11:00
11:15								
11:30								
11:45	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Laps (lanes 1-3)/SCUBA (lanes 4-6)	Laps/Family	
Noon	Laps	Laps	Laps	Laps	Laps			Noon
1:00								1:00
1:30 PM								1:30
1:45 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			2:00
2:00								2:30 PM
2:45 PM								2:45 PM
3:00	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15			3:00
3:15								
3:30								
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
5:00	Stingrays Technique Clinic		Stingrays Technique Clinic		Laps/Family			5:00
5:45								
6:00		Laps/Family		Laps/Family				6:00
6:30 PM								6:30 PM
7:00	Laps/Family		Laps/Family					7:00
7:30								7:30 PM
8:00								8:00
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 **6/1/2026**

	MON 6/1	TUE 6/2	WED 6/3	THUR 6/4	FRI 6/5	SAT 6/6	SUN 6/7	
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						4:00
4:30								
5:00	Laps/Family	Swim Lessons	Laps/Family	Swim Lessons				5:00
5:30								
5:45								5:45
6:00	Laps/Family	Swim Lessons	Laps/Family	Swim Lessons	AquaHigh/ DWF	AquaHigh/ DWF		6:00
6:30								
7:00		Swim Lessons	Laps/Family	Swim Lessons				7:00
7:30								
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.