

# ALLYN-RIFORD POOL SCHEDULE

Effective **5/25/2026**

	MON 5/25	TUE 5/26	WED 5/27	THUR 5/28	FRI 5/29	SAT 5/30	SUN 5/31	
9								
<b>5:00</b>								<b>5:00</b>
<b>6:00</b>			Laps		Laps			<b>6:00</b>
<b>7:00</b>								<b>7:00</b>
<b>7:15</b>			Break 7:15-		Break 7:15-			7:30
7:30								7:30
7:45								<b>8:00</b>
<b>8:00</b>			Laps		Laps	Laps	Laps	<b>8:00</b>
8:30								8:30
8:45		Break 8:30-		Break 8:30-	Break 8:30-			<b>9:00</b>
<b>9:00</b>					Deep Water Bootcamp/Aqu acize (9:15 start)	Swim Lessons (lanes 1- 3)/Laps (4-6)		<b>9:00</b>
9:15		Aqua HIIT	Break 9-9:15	Aqua HIIT				9:30
9:30			Aquacize					<b>10:00</b>
<b>10:00</b>			Break 10-10:15		Break 10-10:15			<b>10:00</b>
10:15						Swim Lessons		10:15
<b>11:00</b>			Laps	Laps	Laps			<b>11:00</b>
11:15								<b>11:00</b>
11:30								<b>11:00</b>
11:45			Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-		<b>11:00</b>
<b>Noon</b>			Laps	Laps	Laps	Laps (lanes 1- 3)/SCUBA (lanes 4-6)	Laps/Family	<b>Noon</b>
<b>1:00</b>								<b>1:00</b>
1:30 PM								1:30
1:45 PM								<b>2:00</b>
<b>2:00</b>								<b>2:00</b>
2:45 PM								2:30 PM
3:00								2:45 PM
3:15		Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15			<b>3:00</b>
3:30								<b>3:00</b>
3:45 PM								3:45 PM
<b>4:00</b>			Laps/Family	Laps/Family	Laps/Family	Laps/Family		<b>4:00</b>
<b>4:30</b>								<b>4:30</b>
<b>5:00</b>			Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5		<b>5:00</b>
5:45					Laps/Family			<b>5:00</b>
<b>6:00</b>								<b>6:00</b>
6:30 PM			Laps/Family	Laps/Family				6:30 PM
<b>7:00</b>								<b>7:00</b>
<b>7:30</b>			Laps/Family					<b>7:00</b>
<b>8:00</b>								<b>8:00</b>
<b>8:30</b>								<b>8:00</b>
<b>9:00</b>								<b>9:00</b>

CLOSED FOR MEMORIAL DAY

**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 5/25	TUE 5/26	WED 5/27	THUR 5/28	FRI 5/29	SAT 5/30	SUN 5/31	
5:00								5:00
6:00								6:00
7:00								7:00
7:30								7:30
8:00	CLOSED FOR MEMORIAL DAY!		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	CLOSED FOR MEMORIAL DAY!	Swim Lessons	Laps/Family	Swim Lessons				5:00
5:30								5:30
5:45								5:45
6:00			AquaHigh/ DWF	Swim Lessons	AquaHigh/ DWF			
7:00		Swim Lessons	Laps/Family	Swim Lessons				7:00
8:00								8:00
9:00								9:00

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