ALLYN-RIFORD POOL SCHEDULE

Effective 6/8/2026

	MON	TUE	WED	THUR	FRI	SAT	SUN	
9	6/8	6/9	6/10	6/11	6/12	6/13	6/14	
5:00								5:00
6:00	Laps		Laps		Laps			6:00
7:00		Laps		Laps		Laps	Laps	7:00
7:15	Break 7:15-		Break 7:15-		Break 7:15-			
7:30	Laps		Laps		Laps			7:30
7:45								
8:00								8:00
8:30		Break 8:30-		Break 8:30-	Break 8:30-			8:30
8:45								
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)		9:00
9:15								
9:30	Aquacize		Aquacize				Laps/Family	9:30
10:00	Break 10-10:15		Break 10-10:15		Break 10-10:15	Swim Lessons		10:00
10:15	Laps	Laps	Laps	Laps	Laps			10:15
11:00								11:00
11:15						Laps (lanes 1-3)/SCUBA (lanes 4-6)		
11:30								
11:45	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-			
Noon	Laps	Laps	Laps	Laps	Laps			Noon
1:00	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			1:00
1:30 PM								1:30
1:45 PM								
2:00								2:00
2:45 PM								2:30 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	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			
3:30								
3:45 PM								3:45 PM
4:00			LG In-Service					4:00
4:30								4:30
	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5			
5:00	Stingrays Technique Clinic	Laps/Family	Stingrays Technique Clinic	Laps/Family	Laps/Family			5:00
5:45								
6:00								6:00
6:30 PM	Laps/Family		Laps/Family					6:30 PM
7:00								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 6/8/2026

	MON 6/8	TUE 6/9	WED 6/10	THUR 6/11	FRI 6/12	SAT 6/13	SUN 6/14	
5:00								**5:00**
6:00								**6:00**
7:00								**7:00**
7:30	Self Directed Aquatic Fitness		Self Directed Aquatic Fitness		Self Directed Aquatic Fitness			7:30
8:00								**8:00**
8:30								8:30
9:00						Swim Lessons		**9:00**
9:30								9:30
10:00								**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								
2:00								**2:00**
2:30								
2:45								
3:00								**3:00**
3:30								
4:00		Laps/Family						**4:00**
4:30								4:30
5:00	Laps/Family		Laps/Family		Laps/Family			**5:00**
5:30								5:30
5:45								
6:00	Swim Lessons	AquaHigh/ DWF			AquaHigh/ DWF			**6:00**
7:00	Laps/Family							**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.