

ALLYN-RIFORD POOL SCHEDULE

Effective **6/15/2026**

	MON 6/15	TUE 6/16	WED 6/17	THUR 6/18	FRI 6/19	SAT 6/20	SUN 6/21	
9								
5:00								5:00
6:00	Laps		Laps		Laps			6:00
7:00								7:00
7:15	Break 7:15-		Break 7:15-	Laps	Break 7:15-			7:30
7:30		Laps			Laps	Laps	Laps	8:00
7:45			Laps					8:30
8:00	Laps							9:00
8:30		Break 8:30-		Break 8:30-	Break 8:30-			9:30
8:45								10:00
9:00	Break 9-9:15	Aqua HIIT	Break 9-9:15	Aqua HIIT	Deep Water Bootcamp/Aquacize (9:15 start)			10:15
9:15						Laps/Family		11:00
9:30	Aquacize		Aquacize					11:30
10:00	Break 10-10:15		Break 10-10:15		Break 10-10:15			11:45
10:15		Laps		Laps				Noon
11:00	Laps		Laps		Laps			1:00
11:15								1:30
11:30								2:00
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	2:30 PM
Noon	Laps	Laps	Laps	Laps	Laps			2:45 PM
1:00								3:00
1:30 PM					Laps/Family			3:30
1:45 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family				3:45 PM
2:00					Laps (lanes 1-3)/Waterfront Certification (lanes 4-6)			4:00
2:45 PM								4:30
3:00	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15			5:00
3:15								6:00
3:30	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps (lanes 1-3)/Waterfront Certification			6:30 PM
3:45 PM								7:00
4:00					Laps/Family			7:30 PM
4:30	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5			8:00
5:00	Stingrays Technique Clinic				Laps/Family			9:00
5:45								
6:00		Laps/Family	Laps/Family	Laps/Family				
6:30 PM								
7:00	Laps/Family							
7:30								
8:00								
8:30								
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 **6/15/2026**

	MON 6/15	TUE 6/16	WED 6/17	THUR 6/18	FRI 6/19	SAT 6/20	SUN 6/21	
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								10:00
10:30								10:30
11:00						Swim Lessons		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		Laps/Family	Laps/Family				5:00
5:30								
5:45								5:45
6:00		Laps/Family	Laps/Family	Laps/Family				6:00
6:30								
7:00								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.