

# ALLYN-RIFORD POOL SCHEDULE

Effective **7/20/2026**

	MON 7/20	TUE 7/21	WED 7/22	THUR 7/23	FRI 7/24	SAT 7/25	SUN 7/26	
9								
<b>5:00</b>		BOGA Fit Class						<b>5:00</b>
<b>6:00</b>	Laps	Break 6:15-	Laps		Laps			<b>6:00</b>
<b>7:00</b>								<b>7:00</b>
<b>7:15</b>	Break 7:15-	Laps	Break 7:15-	Laps	Break 7:15-			7:30
7:30						Laps		7:30
7:45								<b>8:00</b>
<b>8:00</b>	Laps		Laps		Laps		Laps	<b>8:00</b>
8:30		Break 8:30-		Break 8:30-				8:30
8:45								<b>9:00</b>
<b>9:00</b>	Break 9-9:15	Aqua HIIT	Break 9-9:15	Aqua HIIT	Break 9-9:15	Swim Lessons (lanes 5&6)/Laps		<b>9:00</b>
9:15	Aquacize		Aquacize		Aquacize			9:30
9:30								<b>10:00</b>
<b>10:00</b>	Break 10-10:15		Break 10-10:15		Break 10-10:15	Swim Lessons		<b>10:00</b>
10:15	Laps	Laps	Laps	Laps	Laps		Laps/Family	10:15
<b>11:00</b>								<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-	Break 11:45-	Laps/Family		<b>11:00</b>
<b>Noon</b>	Laps	Laps	Laps	Laps	Laps			<b>Noon</b>
1:00								<b>1:00</b>
1:30 PM								1:30
1:45 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			<b>2:00</b>
<b>2:00</b>								<b>2:00</b>
2:30 PM								2:30 PM
2:45 PM								2:45 PM
<b>3:00</b>	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15			<b>3:00</b>
3:15								<b>3:00</b>
3:30								<b>3:00</b>
3:45 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			3:45 PM
<b>4:00</b>								<b>4:00</b>
4:30	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			<b>4:00</b>
<b>4:30</b>								<b>4:30</b>
4:45	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5			<b>4:30</b>
<b>5:00</b>								<b>5:00</b>
5:45								<b>5:00</b>
<b>6:00</b>	Laps/Family	Laps/Family	Laps/Family	Laps/Family				<b>6:00</b>
6:30 PM								6:30 PM
<b>7:00</b>								<b>7:00</b>
<b>7:30</b>								<b>7:00</b>
<b>8:00</b>								<b>7:30 PM</b>
<b>8:30</b>								<b>8:00</b>
<b>9:00</b>								<b>8:00</b>
<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 7/20	TUE 7/21	WED 7/22	THUR 7/23	FRI 7/24	SAT 7/25	SUN 7/26						
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								Town of Sennett and Town of Niles Swim Lessons	School Age Child Care	Town of Sennett and Town of Niles Swim Lessons	School Age Child Care	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								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								4:00					
4:30	4:30												
5:00	Laps/Family	Swim Lessons	Swim Lessons	5:00									
5:30				5:30									
5:45	Laps/Family	Swim Lessons	Swim Lessons	6:00									
6:00				6:00									
6:00	Swim Lessons	AquaHigh/DWF	AquaHigh/DWF	7:00									
5:45	5:45												
7:00								7:00					
8:00								8:00					
9:00								9:00					
9:00								9:00					

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