

ALLYN-RIFORD POOL SCHEDULE

Effective **7/13/2026**

	MON 7/13	TUE 7/14	WED 7/15	THUR 7/16	FRI 7/17	SAT 7/18	SUN 7/19	
9								
5:00		BOGA Fit Class						5:00
6:00	Laps	Break 6:15-	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		7:30
7:45								
8:00	Laps		Laps		Laps		Laps	8:00
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	Break 9-9:15	Swim Lessons (lanes 5&6)/Laps		9:00
9:15								9:30
9:30	Aquacize		Aquacize		Aquacize			
10:00	Break 10-10:15		Break 10-10:15		Break 10-10:15			10:00
10:15						Swim Lessons		10:15
11:00	Laps	Laps	Laps	Laps	Laps		Laps/Family	11:00
11:15								
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	Laps/Family		Noon
1:00		BTW Rental Group						1:00
1:30 PM								1:30
1:45 PM	Laps/Family		Laps/Family	Laps/Family	Laps/Family			
2:00		Laps/Family						2:00
2:45 PM								2:30 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				3:45 PM
4:00					Laps/Family			4:00
4:30	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5				4:30
5:00								5:00
5:45								
6:00	Laps/Family	Laps/Family	Laps/Family	Laps/Family				6:00
6:30 PM								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 **7/13/2026**

	MON 7/13	TUE 7/14	WED 7/15	THUR 7/16	FRI 7/17	SAT 7/18	SUN 7/19									
5:00								5:00								
6:00								6:00								
7:00								7:00								
7:30								7:30								
8:00								8:00								
8:30								8:30								
9:00	Self Directed Aquatic Fitness				Self Directed Aquatic Fitness			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								5:45								
6:00								Swim Lessons	AquaHigh/ DWF				AquaHigh/ DWF			6:00
6:00								Laps/Family								6:00
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.