

ALLYN-RIFORD POOL SCHEDULE

Effective **7/6/2026**

	MON 7/6	TUE 7/7	WED 7/8	THUR 7/9	FRI 7/10	SAT 7/11	SUN 7/12	
9								
5:00								5:00
6:00	Laps		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	Laps	
7:45								8:00
8:00	Laps		Laps		Laps			8:30
8:30		Break 8:30-		Break 8:30-				
8:45								9:00
9:00	Break 9-9:15	Aqua HIIT	Break 9-9:15	Aqua HIIT	Break 9-9:15	Swim Lessons (lanes 5&6)/Laps		9:30
9:15	Aquacize		Aquacize		Aquacize			
9:30								10:00
10:00	Break 10-10:15		Break 10-10:15		Break 10-10:15	Swim Lessons		10:15
10:15		Laps	Laps	Laps	Laps		Laps/Family	
11:00	Laps		Laps		Laps			11:00
11:15								
11:30								
11:45	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Laps/Family		
Noon	Laps	Laps	Laps	Laps	Laps			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
2:00		Laps/Family						2:30 PM
2:45 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								
3:30								
3:45 PM	Laps/Family	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 **7/6/2026**

	MON 7/6	TUE 7/7	WED 7/8	THUR 7/9	FRI 7/10	SAT 7/11	SUN 7/12	
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								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
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5:30								5:30
5:45								5:45
6:00								6:00
7:00								7:00
8:00								8:00
9:00								9:00

	Self Directed Aquatic Fitness	Self Directed Aquatic Fitness	Self Directed Aquatic Fitness			
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	Town of Sennett and Town of Niles Swim Lessons	School Age Child Care	Swim Lessons

	Laps/Family	Swim Lessons	Swim Lessons		
Swim Lessons	AquaHigh/DWF	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons
Laps/Family	AquaHigh/DWF	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons

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Adult- For adult members only
Family: Open swim for all members.

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