

ALLYN-RIFORD POOL SCHEDULE

Effective 8/10/2026

	MON 8/10	TUE 8/11	WED 8/12	THUR 8/13	FRI 8/14	SAT 8/15	SUN 8/16	
9								
5:00								5:00
6:00	Laps	BOGA Fit Class	Laps		Laps			6:00
		Break 6:15-						
7:00								7:00
7:15	Break 7:15-	Laps	Break 7:15-	Laps	Break 7:15-			7:30
7:30						Laps	Laps	8:00
7:45	Laps		Laps		Laps			8:30
8:00		Break 8:30-		Break 8:30-	Break 8:30-			
8:30								9:00
8:45	Break 9-9:15	Aqua HIIT	Break 9-9:15	Aqua HIIT	Deep Water Bootcamp/Aquacize (9:15 start)	Swim Lessons (lanes 5&6)/Laps		9:30
9:00	Aquacize		Aquacize					
9:15								10:00
9:30	Break 10-10:15	Laps	Break 10-10:15	Laps	Break 10-10:15	Swim Lessons		10:15
10:00	Laps	Laps	Laps	Laps	Laps		Laps/Family	11:00
10:15								
11:00								
11:15								
11:30	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Laps/Family		Noon
11:45	Laps	Laps	Laps	Laps	Laps			
Noon								
1:00	Laps	Laps	Laps	Laps	Laps			1:00
1:30 PM		BTW						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	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			3:45 PM
3:45 PM								4:00
4:00					Laps/Family			4:30
4:30	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5				5:00
5:00								6:00
5:45								
6:00	Laps/Family	Laps/Family	Laps/Family	Laps/Family				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 8/10/2026

	MON 8/10	TUE 8/11	WED 8/12	THUR 8/13	FRI 8/14	SAT 8/15	SUN 8/16					
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								9:00				
9:30								9:30				
10:00	School Age Child Care		School Age Child Care		Swim Lessons		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								4:00				
4:30								4:30				
5:00	Laps/Family	Swim Lessons	Swim Lessons					5:00				
5:30								5:30				
5:45												
6:00	Swim Lessons	AquaHigh/ DWF	AquaHigh/ DWF					6:00				
	Laps/Family											
7:00			Swim Lessons					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.

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