

ALLYN-RIFORD POOL SCHEDULE

Effective 8/31/2026

	MON 8/31	TUE 9/1	WED 9/2	THUR 9/3	FRI 9/4	SAT 9/5	SUN 9/6										
9																	
5:00	Laps	BOGA Fit Class	Laps	BOGA Fit Class	CLOSED FOR LABOR DAY			5:00									
6:00		Break 6:15-		Break 6:15-				6:00									
7:00		Laps		Break 7:15-				Laps	7:00								
7:15										Laps	Break 7:15-	Laps	7:30				
7:30	Laps		Break 8:30-			Aqua HiIT	8:30										
7:45														Laps	Break 8:30-	Aqua HiIT	8:00
8:00	Break 9-9:15	Aqua HiIT	Aqua HiIT	9:00													
8:30	Laps	Break 8:30-	Laps	Break 8:30-		Aqua HiIT	9:30										
8:45								Aqua HiIT	Break 9-9:15	Aqua HiIT	10:00						
9:00												Aqua HiIT	Break 9-9:15	Aqua HiIT	10:15		
9:15																Aqua HiIT	Break 9-9:15
9:30	Aquacize	Aquacize	Aquacize	Aquacize		9:30											
10:00	Break 10-10:15	Laps	Break 10-10:15	Laps (lanes 1-3)/LG In-Service (lanes 4-6)		CLOSED FOR LABOR DAY	CLOSED FOR LABOR DAY	CLOSED FOR LABOR DAY	10:00								
10:15	Laps		Laps						Laps	Laps	11:00						
11:00												Laps	Laps	Laps	Laps	11:00	
11:15																	Laps
11:30		Laps		Laps	Laps		Laps	11:00									
11:45	Break 11:45-		Break 11:45-						Break 11:45-	Break 11:45-	11:45						
Noon	Laps	Laps	Laps	Laps	CLOSED FOR LABOR DAY		CLOSED FOR LABOR DAY	CLOSED FOR LABOR DAY	Noon								
1:00	Laps/Family	Laps/Family	Laps/Family	Laps/Family					1:00								
1:30 PM										Laps/Family	Laps/Family	Laps/Family	Laps/Family	1:30			
1:45 PM															Laps/Family	Laps/Family	Laps/Family
2:00							Laps/Family	Laps/Family									
2:45 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family					2:30 PM								
3:00							Laps/Family	Laps/Family		Laps/Family	Laps/Family	2:45 PM					
3:15													Laps/Family	Laps/Family	Laps/Family	Laps/Family	3:00
3:30																	
3:45 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family			3:45 PM										
4:00						Laps/Family		Laps/Family	Laps/Family	Laps/Family	4:00						
4:30												Laps/Family	Laps/Family	Laps/Family	Laps/Family	4:30	
5:00																	Laps/Family
5:45	Laps/Family	Laps/Family	Laps/Family	Laps/Family		6:00											
6:00							Laps/Family	Laps/Family	Laps/Family	Laps/Family	6:00						
6:30 PM												Laps/Family	Laps/Family	Laps/Family	Laps/Family	6:30 PM	
7:00					Laps/Family												Laps/Family
7:30	Laps/Family	Laps/Family	Laps/Family	Laps/Family		7:30 PM											
8:00					Laps/Family		Laps/Family	Laps/Family	Laps/Family	8:00							
8:30											Laps/Family	Laps/Family	Laps/Family	Laps/Family	9:00		
9:00																Laps/Family	Laps/Family

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 8/31/2026

	MON 8/31	TUE 9/1	WED 9/2	THUR 9/3	FRI 9/4	SAT 9/5	SUN 9/6							
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	CLOSED FOR LABOR DAY			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														
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		Laps/Family		Laps: lap member swimmers of any age. Adult- For adult members only Family: Open swim for all members.	5:00
5:30												5:30		
5:45														
6:00									AquaHigh/ DWF		AquaHigh/ DWF	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.	6:00	
7:00													7:00	
8:00													8:00	
9:00													9:00	

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