

ALLYN-RIFORD POOL SCHEDULE

Effective 9/28/2026

	MON	TUE	WED	THUR	FRI	SAT	SUN												
9	9/28	9/29	9/30	10/1	10/2	10/3	10/4												
5:00	Laps		Masters (lanes 3&4)/Laps		Masters (lanes 3&4)/Laps			5:00											
6:00								6:00											
7:00								Laps	Laps	Laps	7:00								
7:15												Break 7:15-	Break 7:15-	Break 7:15-	Laps	Laps	7:30		
7:30	Laps	Laps	Laps	Stingrays	Masters (lanes 3&4)/Laps	8:00													
7:45						8:30													
8:00						8:30													
8:30						8:45	9:00												
9:15	Break 9-9:15	Aqua HiIT	Break 9-9:15	Aqua HiIT	Deep Water Bootcamp/Aquacize (9:15 start)	Swim Lessons/Laps (lanes 3&4)	Masters (lanes 3&4)/Laps	9:00											
9:30	Aquacize							Aquacize	Aquacize	Aquacize	9:30								
10:00	Break 10-10:15							Break 10-10:15	Break 10-10:15	Break 10-10:15	10:00								
10:15	Laps							Laps	Laps	Laps	Laps	Laps/Family	10:15						
11:00		11:00																	
11:15		Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Laps/Family						11:00						
11:30													11:45	11:45	11:45	11:45	11:45	Noon	
11:45	Laps							Laps	Laps	Laps	Laps	Laps	Laps	Noon					
Noon	Laps							Laps	Laps	Laps	Laps	Laps	Laps	Laps					
1:00	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			1:00											
1:30 PM								1:30											
1:45 PM								2:00											
2:00								2:30 PM											
2:45 PM	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15			2:45 PM											
3:00								3:00											
3:15								Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family	3:45 PM					
3:30														4:00					
3:45 PM	4:30																		
4:00	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5	5:00													
4:30	Laps/Family	Stingrays	Stingrays	Stingrays	Stingrays			6:00											
5:00	6:30 PM																		
5:45	Stingrays							Stingrays	Stingrays	Stingrays	Stingrays	Stingrays	7:00						
6:00													Laps/Family	7:30 PM					
6:30 PM													8:00						
7:00													9:00						
7:30													9:00						
8:00																			9:00
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 9/28/2026

	MON 9/28	TUE 9/29	WED 9/30	THUR 10/1	FRI 10/2	SAT 10/3	SUN 10/4	
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		Swim Lessons	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								
2:00						2:00		
2:30								
2:45								
3:00							3:00	
3:30								
4:00	BTW Swim Lessons		BTW Swim Lessons		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.		4:00	
4:30							4:30	
5:00	Laps/Family	Swim Lessons	Laps/Family	Swim Lessons				5:00
5:30								5:30
5:45								
6:00	Swim Lessons	AquaHigh/ DWF	Swim Lessons	AquaHigh/ DWF				6:00
	Laps/Family		Laps/Family					
7:00							7:00	
8:00							8:00	
9:00							9:00	

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