

ALLYN-RIFORD POOL SCHEDULE

Effective 9/21/2026

	MON	TUE	WED	THUR	FRI	SAT	SUN															
9	9/21	9/22	9/23	9/24	9/25	9/26	9/27															
5:00	Laps		Masters (lanes 3&4)/Laps		Masters (lanes 3&4)/Laps			5:00														
6:00								6:00														
7:00								7:00														
7:15								7:30														
7:30	Laps	Laps	Break 7:15-	Laps	Break 7:15-	Laps	Laps	7:30														
7:45						Stingrays		Masters (lanes 3&4)/Laps	8:00													
8:00										8:30												
8:30										8:45												
9:00	9:15																					
9:15	Aquacize	Aqua HiIT	Aquacize	Aqua HiIT	Deep Water Bootcamp/Aqu acize (9:15 start)	Swim Lessons/Laps (lanes 3&4)	Masters (lanes 3&4)/Laps	9:30														
9:30	Break 9-9:15	Break 9-9:15	Break 9-9:15	Break 9-9:15	Break 9-9:15			Swim Lessons/Laps (lanes 3&4)	Masters (lanes 3&4)/Laps	9:00												
10:00										Break 10-10:15	Break 10-10:15	Break 10-10:15	Break 10-10:15	Break 10-10:15	Swim Lessons/Laps (lanes 3&4)	Masters (lanes 3&4)/Laps	9:30					
10:15																	Break 10-10:15	Break 10-10:15	Break 10-10:15	Break 10-10:15	Break 10-10:15	Swim Lessons/Laps (lanes 3&4)
11:00						Break 11:45-	Break 11:45-															
11:15	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-			Swim Lessons/Laps (lanes 3&4)	Masters (lanes 3&4)/Laps													
11:30										Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Swim Lessons/Laps (lanes 3&4)	Masters (lanes 3&4)/Laps						
11:45																	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Swim Lessons/Laps (lanes 3&4)
Noon						Break 11:45-	Break 11:45-															
Laps	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-			Swim Lessons/Laps (lanes 3&4)	Masters (lanes 3&4)/Laps													
Laps										Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Swim Lessons/Laps (lanes 3&4)	Masters (lanes 3&4)/Laps						
Laps																	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Swim Lessons/Laps (lanes 3&4)
Laps						Break 11:45-	Break 11:45-															
Laps	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-			Swim Lessons/Laps (lanes 3&4)	Masters (lanes 3&4)/Laps													
Laps										Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Swim Lessons/Laps (lanes 3&4)	Masters (lanes 3&4)/Laps						
Laps																	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Swim Lessons/Laps (lanes 3&4)
Laps						Break 11:45-	Break 11:45-															
Laps	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-			Swim Lessons/Laps (lanes 3&4)	Masters (lanes 3&4)/Laps													
Laps										Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Swim Lessons/Laps (lanes 3&4)	Masters (lanes 3&4)/Laps						
Laps																	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Swim Lessons/Laps (lanes 3&4)
Laps						Break 11:45-	Break 11:45-															
Laps	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-			Swim Lessons/Laps (lanes 3&4)	Masters (lanes 3&4)/Laps													
Laps										Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Swim Lessons/Laps (lanes 3&4)	Masters (lanes 3&4)/Laps						
Laps																	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Swim Lessons/Laps (lanes 3&4)
Laps						Break 11:45-	Break 11:45-															
Laps	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-			Swim Lessons/Laps (lanes 3&4)	Masters (lanes 3&4)/Laps													
Laps										Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Swim Lessons/Laps (lanes 3&4)	Masters (lanes 3&4)/Laps						
Laps																	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Swim Lessons/Laps (lanes 3&4)
Laps						Break 11:45-	Break 11:45-															
Laps	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-			Swim Lessons/Laps (lanes 3&4)	Masters (lanes 3&4)/Laps													
Laps										Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Swim Lessons/Laps (lanes 3&4)	Masters (lanes 3&4)/Laps						
Laps																	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Swim Lessons/Laps (lanes 3&4)
Laps						Break 11:45-	Break 11:45-															
Laps	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-			Swim Lessons/Laps (lanes 3&4)	Masters (lanes 3&4)/Laps													
Laps										Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Swim Lessons/Laps (lanes 3&4)	Masters (lanes 3&4)/Laps						
Laps																	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Swim Lessons/Laps (lanes 3&4)
Laps						Break 11:45-	Break 11:45-															
Laps	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-			Swim Lessons/Laps (lanes 3&4)	Masters (lanes 3&4)/Laps													
Laps										Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Swim Lessons/Laps (lanes 3&4)	Masters (lanes 3&4)/Laps						
Laps																	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Swim Lessons/Laps (lanes 3&4)
Laps						Break 11:45-	Break 11:45-															
Laps	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-			Swim Lessons/Laps (lanes 3&4)	Masters (lanes 3&4)/Laps													
Laps										Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Swim Lessons/Laps (lanes 3&4)	Masters (lanes 3&4)/Laps						
Laps																	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Swim Lessons/Laps (lanes 3&4)
Laps						Break 11:45-	Break 11:45-															
Laps	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-			Swim Lessons/Laps (lanes 3&4)	Masters (lanes 3&4)/Laps													
Laps										Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Swim Lessons/Laps (lanes 3&4)	Masters (lanes 3&4)/Laps						
Laps																	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Swim Lessons/Laps (lanes 3&4)
Laps						Break 11:45-	Break 11:45-															
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Laps										Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Swim Lessons/Laps (lanes 3&4)	Masters (lanes 3&4)/Laps						
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Laps						Break 11:45-	Break 11:45-															
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Laps						Break 11:45-	Break 11:45-															
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Laps										Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Swim Lessons/Laps (lanes 3&4)	Masters (lanes 3&4)/Laps						
Laps																	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Swim Lessons/Laps (lanes 3&4)
Laps						Break 11:45-	Break 11:45-															
Laps	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-			Swim Lessons/Laps (lanes 3&4)	Masters (lanes 3&4)/Laps													
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Laps						Break 11:45-	Break 11:45-															
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Laps						Break 11:45-	Break 11:45-															
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Laps										Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Swim Lessons/Laps (lanes 3&4)	Masters (lanes 3&4)/Laps						
Laps																	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Swim Lessons/Laps (lanes 3&4)
Laps						Break 11:45-	Break 11:45-															
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Laps										Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-	Swim Lessons/Laps (lanes 3&4)	Masters (lanes 3&4)/Laps						
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Laps						Break 11:45-	Break 11:45-															
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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 9/21/2026

	MON 9/21	TUE 9/22	WED 9/23	THUR 9/24	FRI 9/25	SAT 9/26	SUN 9/27	
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		Self Directed Aquatic Fitness			8:00
8:30								8:30
9:00								9:00
9:30						Swim Lessons		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		Laps/Family		Laps/Family				4:00
4:30								4:30
5:00	Laps/Family		Laps/Family		Swim Lessons			5:00
5:30		Swim Lessons						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

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.