# ALLYN-RIFORD POOL SCHEDULE

**Effective 10/12/2026**

| | MON | TUE | WED | THUR | FRI | SAT | SUN | |
|---|---|---|---|---|---|---|---|---|
| 9 | 10/12 | 10/13 | 10/14 | 10/15 | 10/16 | 10/17 | 10/18 | |
| **5:00** | | | | | | | | **5:00** |
| | Laps | | Masters (lanes 3&4)/Laps | | Masters (lanes 3&4)/Laps | | | |
| **6:00** | | | | | | | | **6:00** |
| | | | Laps | | Laps | | | |
| **7:00** | | | | | | | | **7:00** |
| **7:15** | Break 7:15- | Laps | Break 7:15- | Laps | Break 7:15- | Laps | Laps | |
| 7:30 | | | | | | | | 7:30 |
| 7:45 | | | | | Laps | | | |
| **8:00** | Laps | | Laps | | | | Masters (lanes 3&4)/Laps | **8:00** |
| 8:30 | | Break 8:30- | | Break 8:30- | Break 8:30- | | | 8:30 |
| 8:45 | | | | | Deep Water Bootcamp (9 start)/Aquacize (9:15 start) | | | |
| **9:00** | Break 9-9:15 | Aqua HiIT | Break 9-9:15 | Aqua HiIT | | | | **9:00** |
| 9:15 | | | | | | Swim Lessons/Laps (lanes 3&4) | | |
| 9:30 | Aquacize | | Aquacize | | | | Laps/Family | 9:30 |
| **10:00** | Break 10-10:15 | Laps | Break 10-10:15 | Laps | Break 10-10:15 | | | **10:00** |
| 10:15 | In-Service (lanes 3-6)/Laps (lanes 1-2) | | Laps | | Laps | | | 10:15 |
| **11:00** | | | | | | Laps/Family | | **11:00** |
| 11:15 | | | | | | | | |
| 11:30 | | | | | | | | |
| 11:45 | Break 11:45- | Break 11:45- | Break 11:45- | Break 11:45- | Break 11:45- | | | |
| **Noon** | Laps | Laps | Laps | Laps | Laps | | | **Noon** |
| **1:00** | | | | | | | | **1:00** |
| 1:30 PM | | | | | | | | 1:30 |
| 1:45 PM | Laps/Family | Laps/Family | Laps/Family | Laps/Family | Laps/Family | | | |
| **2:00** | | | | | | | | **2:00** |
| | | | | | | | | 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** | | | | | | | | **4:00** |
| **4:30** | Break 4:45-5 | Break 4:45-5 | Break 4:45-5 | Break 4:45-5 | Break 4:45-5 | | | **4:30** |
| **5:00** | | | | | Laps/Family | | | **5:00** |
| 5:45 | | | | | | | | |
| **6:00** | | | | | | | | **6:00** |
| 6:30 PM | Stingrays | Stingrays | Stingrays | Stingrays | Stingrays | | | 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 10/12/2026**

| | MON 10/12 | TUE 10/13 | WED 10/14 | THUR 10/15 | FRI 10/16 | SAT 10/17 | SUN 10/18 | |
|---|---|---|---|---|---|---|---|---|
| **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** 8:30 | | | | | | | | **8:00** 8:30 |
| **9:00** | | | | | | Swim Lessons | | **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 | | | | **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** |
| **7:00** | Laps/Family | Laps/Family | Laps/Family | Laps/Family | | | | **7:00** |
| **8:00** | | | | | | | | **8:00** |
| **9:00** | | | | | | | | **9:00** |

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