ALLYN-RIFORD POOL SCHEDULE

Effective 11/2/2026

	MON	TUE	WED	THUR	FRI	SAT	SUN	
9	11/2	11/3	11/4	11/5	11/6	11/7	11/8	
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								
9:00	Break 9-9:15	Aqua HiIT	Break 9-9:15	Aqua HiIT	Deep Water Bootcamp (9 am start)	Swim Lessons/Laps (lanes 3&4)		**9:00**
9:15								
9:30	Laps		Laps				Laps/Family	9:30
10:00	Break 10-10:15		Break 10-10:15		Break 10-10:15			**10:00**
10:15								10:15
	Laps	Laps	Laps	Laps	Laps			
11:00								**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	Stingrays Swim Meet		**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	Stingrays	Stingrays	Stingrays	Stingrays	Stingrays			**6:00**
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 11/2/2026

	MON 11/2	TUE 11/3	WED 11/4	THUR 11/5	FRI 11/6	SAT 11/7	SUN 11/8	
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	Aquasize/Self Directed Fitness		Aquasize/Self Directed Fitness		Aquasize/Self Directed Fitness			8:30
9:00						Swim Lessons		**9:00**
9:30	ELC Swim Lessons		ELC 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		BTW Swim Lessons				**4:00**
4:30								4:30
5:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons				**5:00**
5:30								5:30
5:45								
6:00	Laps/Family	AquaHigh/ DWF	Laps/Family	AquaHigh/ DWF				**6:00**
7:00		Swim Lessons		Swim Lessons				**7:00**
8:00								**8:00**
9:00								**9:00**

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Adult- For adult members only
Family: Open swim for all **members.**

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