ALLYN-RIFORD POOL SCHEDULE

Effective 11/30/2026

	MON	TUE	WED	THUR	FRI	SAT	SUN	
9	11/30	12/1	12/2	12/3	12/4	12/5	12/6	
5:00								**5:00**
	Laps		Masters (lanes 3&4)/Laps		Masters (lanes 3&4)/Laps			
6:00			Laps		Laps			**6:00**
7:00		Laps		Laps		Laps		**7:00**
7:15	Break 7:15-		Break 7:15-		Break 7:15-		Laps	
7:30						AHS Swim Team (lanes 3-6)/laps (lanes 1-2)		7:30
7:45	Laps		Laps		Laps			
8:00							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		**9:00**
9:15								
9:30	Laps		Laps					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		Laps/Family	
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			**Noon**
1:00						Laps/Family		**1:00**
1:30 PM								1:30
1:45 PM	Laps/Family	Laps/Family	Laps/Family	Laps/Family	Laps/Family			
2:00								**2:00**
2:45 PM								2:30 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					Laps/Family			
3:45 PM	AHS Swim Team	AHS Swim Team	AHS Swim Team	AHS Swim Team				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				**4:30**
5:00					AHS Swim Team Swim Meet			**5:00**
5:45								
6:00	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

EMERSON POOL SCHEDULE

Effective 11/30/2026

	MON 11/30	TUE 12/1	WED 12/2	THUR 12/3	FRI 12/4	SAT 12/5	SUN 10/6	
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	Aquasize/Self Directed Fitness		Aquasize/Self Directed Fitness		Aquasize/Self Directed Fitness			**8:00** 8:30
9:00	ELC Swim Lessons		ELC Swim Lessons			Swim Lessons		**9:00**
9:30								9:30
10:00 10:30								**10:00** 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						**4:00**
4:30				Laps/Family				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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