

* The Aquatics Department reserves the right to change the Schedule and/or its Policies at any time if judged necessary

SHALLOW POOL SCHEDULE - OCTOBER 2025

POOL	SUN	MON	TUE	WED	THR	FRI	SAT
HOURS	10:30a-3:30p	5:30a-7:30p	5:30a-7:30p	5:30a-7:30p	5:30a-7:30p	5:30a-6:30p	8:30a-3:30p
5:30-6:00	***	***	***	***	***	***	***
6:00-6:30	***	***	***	***	***	***	***
6:30-7:00	***	***	***	***	***	***	***
7:00-7:30	***						***
7:30-8:00	***						***
8:00-8:30	***						***
8:30-9:00	***						
9:00-9:30	***						
9:30-10:00	***	BRIDGEPORT					
10:00-10:30	***	RESERVED					YSL
10:30-11:00		* KIDS ONLY *					RESERVED
11:00-11:30		WATER		WATER		WATER	* KIDS ONLY *
11:30-12:00		FITNESS		FITNESS		FITNESS	YSL
12:00-12:30		BRIDGEPORT					
12:30-1:00		RESERVED					
1:00-1:30		* KIDS ONLY *	ISD				
1:30-2:00		RESERVED	RESERVED				
2:00-2:30	FAMILY FUN	***	***	***	***	***	PARENTS
2:30-3:00	FAMILY FUN	***	***	***	***	***	* KIDS ONLY *
3:00-3:30	FAMILY FUN	***	***	***	***	***	NIGHT OUT
3:30-4:00	FLOAT - FLOW	***	***	***	***	***	***
4:00-4:30	FLOAT - FLOW		COMMUNITY	YSL	YSL		***
4:30-5:00	FLOAT - FLOW		RESERVED	RESERVED	RESERVED		***
5:00-5:30	FLOAT - FLOW		* KIDS ONLY *	* KIDS ONLY *	* KIDS ONLY *		***
5:30-6:00	***		SAFETY	YSL	YSL		***
6:00-6:30	***		AROUND				***
6:30-7:00	***		WATER			***	***
7:00-7:30	***		* KIDS ONLY *			***	***

YOUTH SWIM LESSONS

REGISTERED SWIM LESSON PARTICIPANTS ONLY

No Other Members/Swimmers Will Be Allowed in Shallow Pool During Swim Lesson Periods

NO EXCEPTIONS !!

WATER FITNESS

ACTIVE CLASS PARTICIPANTS ONLY

Fitness to Use Shallow End Only
Lines Will Be Moved to Lane 5 Wall
Deep End Marking Line Installed

Deep End May be Used for Treading or Exercises (Must Be Able to Enter AND Exit Deep End Unassisted Using Ladder or Pool Deck)

OPEN SWIM PERIOD

UNDER THE AGE OF 4

Must be in the arms of an adult or at arm reach of an adult at all times (ratio 1:1)

AGES 4 to 7 YEARS OLD

Adult must be in the water and always keep swimmers at arm reach (ratio 1:4)

AGES 8 to 13 YEARS OLD

Adult must be in the water or on the pool deck (ratio 1:6)

FAMILY FUN SUNDAY

YOUTH & FAMILY WELCOME

PARENT MUST BE IN WATER WITH

YOUTH UNDER 14 AT ALL TIME

All Participants Must Remain in Shallow Pool

ALL KIDS AND FIRST TIME SWIMMERS ALLOWED

SAFETY AROUND WATER PROGRAM ** SHALLOW POOL RESERVED - KIDS ONLY **

BRIDGEPORT (3rd GRADE) SAFETY AROUND WATER **SHALLOW POOL RESERVED - KIDS ONLY **

SAGINAW ISD **SHALLOW POOL RESERVED - PARTICIPANTS ONLY **

FLOAT AND FLOW - SOUND THERAPY (NOT A YMCA CLASS - CONTACT SMartin272@gmail.com FOR DETAILS)

***** POOL CLOSED *** NO ACCESS TO POOL DECK OR HOT TUB *** POOL CLOSED *****

** SPECIAL SCHEDULED EVENTS OR CLASSES **

*** SEPTEMBER - PARENTS NIGHT OUT - Shallow Pool (Saturday October 4 and 18 - 2:00PM - 3:30PM)**

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DEEP POOL SCHEDULE - OCTOBER 2025

POOL	SUN	MON	TUE	WED	THR	FRI	SAT
HOURS	10:30a-3:30p	5:30a-7:30p	5:30a-7:30p	5:30a-7:30p	5:30a-7:30p	5:30a-6:30p	8:30a-3:30p
5:30-6:00	***	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	***
6:00-6:30	***	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	***
6:30-7:00	***	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	***
7:00-7:30	***	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	***
7:30-8:00	***	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	***
8:00-8:30	***	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	***
8:30-9:00	***	WATER	WATER	WATER	WATER	WATER	
9:00-9:30	***	FITNESS	FITNESS	FITNESS	FITNESS	FITNESS	
9:30-10:00	***						
10:00-10:30	***						
10:30-11:00	* RESERVED *						YSL
11:00-11:30	LIFEGUARD		NAVY SEALS				* LANES 4 & 5 *
11:30-12:00	TRAINING		** LANE 4 **				* RESERVED *
12:00-12:30	OCTOBER 26	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	
12:30-1:00	** LANES 1-2 **	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	
1:00-1:30	SASA						
1:30-2:00	SWIM TEAM						
2:00-2:30	** LANES 3-4-5 **	***	***	***	VETERANS	***	
2:30-3:00	**RESERVED **	***	***	***	ONLY	***	
3:00-3:30		***	***	***	***	***	
3:30-4:00	***	***	***	***	***	***	***
4:00-4:30	***						***
4:30-5:00	***		SASA	YSL	YSL	SASA	***
5:00-5:30	***		SWIM TEAM	* LANES 4 & 5 *	* LANES 4 & 5 *	SWIM TEAM	***
5:30-6:00	***		** LANES 3-4-5 **	* RESERVED *	* RESERVED *	** LANES 3-4-5 **	***
6:00-6:30	***		**RESERVED **			**RESERVED **	***
6:30-7:00	***					***	***
7:00-7:30	***				DIVE & GLIDE *	***	***

LAP SWIM ONLY

Must Be Swimming Full Length
Using Swim Strokes or Swim Drills
(Freestyle, Back, Breast, Fly, etc)

- At Least 80% of Time in Lane -

**TREADING, WATER AEROBICS,
NOODLES, ETC MUST MOVE TO
LANE 1 - NO EXCEPTIONS !!**

WATER FITNESS

ACTIVE CLASS PARTICIPANTS ONLY

Fitness to Use Shallow End Only
Lines Will Be Moved to Lane 5 Wall
Deep End Marking Line Installed

Deep End May be Used for Treading
or Exercises (Must Be Able to Enter
AND Exit Deep End Unassisted
Using Ladder or Pool Deck)

OPEN SWIM PERIOD

YOUTH & FAMILY WELCOME

Lap Swim Prioritized - Lanes 2-3-4

Under 14 MUST Take Swim Test

PARENT MUST BE IN WATER WITH

YOUTH UNDER 8 AT ALL TIME

** See Lifeguard on Duty **

**ONLY YOUTH WHO PASSED SWIM TEST WILL
BE ALLOWED IN DEEP POOL**

FAMILY FUN SUNDAY

YOUTH & FAMILY WELCOME

Use of Shallow End Only

PARENT MUST BE IN WATER WITH

YOUTH UNDER 14 AT ALL TIME

All Participants Must Remain in
Shallow End of Pool

NO KIDS UNDER 5 ALLOWED

YOUTH SWIM LESSONS - LANES 4 & 5 RESERVED - OPEN SWIM IN LANES 1, 2 & 3

VETERANS ONLY * DEEP POOL CLOSED TO ALL OTHERS * NO ACCESS TO POOL OR HOT TUB

NAVY SEALS - LANES 4 RESERVED - OPEN SWIM IN LANES 1, 2, 3 & 5

SASA SCHOOL - GIRL SWIM TEAM - LANES 3, 4 & 5 RESERVED - OPEN SWIM IN LANES 1 & 2

***** POOL CLOSED *** NO ACCESS TO POOL DECK OR HOT TUB *** POOL CLOSED *****

** SPECIAL SCHEDULED EVENTS OR CLASSES **

LIFEGUARD CERTIFICATION ** ALL DAY ** OCTOBER 26 (LANES 1 & 2)

*** DIVE & GLIDE (Scuba Diving) - DEEP END (THURSDAYS PM - Starting at 6:30PM) ***