

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

## SHALLOW POOL SCHEDULE - SEPTEMBER 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						HOMESCHOOL	SAFETY
12:30-1:00		BRIDGEPORT				RESERVED	AROUND
1:00-1:30		RESERVED	ISD		ISD	* KIDS ONLY *	WATER
1:30-2:00		* KIDS ONLY *	RESERVED		RESERVED	HOMESCHOOL	* KIDS ONLY *
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 \*\***

**HOMESCHOOL PROGRAM \*\*SHALLOW POOL RESERVED - KIDS 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 September 20 - 2:00PM - 3:30PM)**

**\*\* IMPORTANT NOTE - START DATE - IMPORTANT NOTE \*\***

**SWIM LESSONS, BRIDGEPORT, AND SAFETY AROUND WATER CLASSES**

**\*\* STARTING SEPTEMBER 22 - OPEN SWIM AVAILABLE UNTIL THEN \*\***

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

DEEP POOL SCHEDULE - SEPTEMBER 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		* RESERVED *
9:00-9:30	***	FITNESS	FITNESS	FITNESS	FITNESS		LIFEGUARD
9:30-10:00	***						TRAINING
10:00-10:30	***						SEPTEMBER 20
10:30-11:00	* RESERVED *						** LANES 1-2 **
11:00-11:30	LIFEGUARD		NAVY SEALS				
11:30-12:00	TRAINING		** LANE 4 **				
12:00-12:30	SEPTEMBER 21	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 *		** LANES 3-4-5 **	***
6:00-6:30	***		**RESERVED **	YSL		**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							
SPECIAL OLYMPICS AREA 22 - LANES 3, 4 & 5 RESERVED - OPEN SWIM IN LANES 1 & 2							
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 ** SEPTEMBER 20 and 21 (LANES 1 & 2)	
* DIVE & GLIDE (Scuba Diving) - DEEP END (THURSDAYS PM - Starting at 6:30PM) *	
** IMPORTANT NOTE - START DATE - IMPORTANT NOTE **	
SWIM LESSONS, BRIDGEPORT, AND SAFETY AROUND WATER CLASSES	
** STARTING SEPTEMBER 22 - OPEN SWIM AVAILABLE UNTIL THEN **	