

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

## SHALLOW POOL SCHEDULE - DECEMBER 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	***						
10:00-10:30	***						
10:30-11:00							
11:00-11:30		WATER		WATER		WATER	
11:30-12:00		FITNESS		FITNESS		FITNESS	
12:00-12:30							
12:30-1:00							
1:00-1:30			ISD				
1:30-2:00			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	COMMUNITY			***
4:30-5:00	FLOAT - FLOW		RESERVED	RESERVED			***
5:00-5:30	FLOAT - FLOW		* KIDS ONLY *	* KIDS ONLY *			***
5:30-6:00	***		SAFETY	SAFETY			***
6:00-6:30	***		AROUND	AROUND			***
6:30-7:00	***		WATER	WATER		***	***
7:00-7:30	***		* KIDS ONLY *	* KIDS ONLY *		***	***

### YOUTH SWIM LESSONS

#### REGISTERED SWIM LESSON PARTICIPANTS ONLY

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

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**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

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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)

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#### AGES 4 to 7 YEARS OLD

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

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#### 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

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#### PARENT MUST BE IN WATER WITH

#### YOUTH UNDER 14 AT ALL TIME

All Participants Must Remain in Shallow Pool

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**ALL KIDS AND FIRST TIME SWIMMERS ALLOWED**

**SAFETY AROUND WATER PROGRAM \*\* 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 \*\*

**\* DECEMBER - PARENTS NIGHT OUT - Shallow Pool (Saturday December 20 - 2:00PM - 3:30PM)**

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## DEEP POOL SCHEDULE - DECEMBER 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	***	LANE LINES WILL BE MOVED AT 8:25AM				LAP SWIM	***
8:00-8:30	***					LAP SWIM	***
8:30-9:00	***	WATER	WATER	WATER	WATER		
9:00-9:30	***	FITNESS	FITNESS	FITNESS	FITNESS		
9:30-10:00	***	LANE LINES WILL BE MOVED BACK BY 9:35AM					
10:00-10:30	***						
10:30-11:00							
11:00-11:30			NAVY SEALS				
11:30-12:00			** LANES 4 - 5 **				
12:00-12:30		LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	
12:30-1:00		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 **	***	***	***	MOVE!	***	
2:30-3:00	**RESERVED **	***	***	***	FITNESS	***	
3:00-3:30		***	***	***	***	***	
3:30-4:00	***	***	***	***	***	***	***
4:00-4:30	***						***
4:30-5:00	***		SASA			SASA	***
5:00-5:30	***		SWIM TEAM			SWIM TEAM	***
5:30-6:00	***		** LANES 3-4-5 **			** LANES 3-4-5 **	***
6:00-6:30	***		**RESERVED **			**RESERVED **	***
6:30-7:00	***					***	***
7:00-7:30	***					***	***
LAP SWIM ONLY		WATER FITNESS		OPEN SWIM PERIOD		FAMILY FUN SUNDAY	
Must Be Swimming Full Length Using Swim Strokes or Swim Drills (Freestyle, Back, Breast, Fly, etc)  - At Least 80% of Time in Lane -  ***		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)		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		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	
MOVE! (Sponsored by the VA - Open to All) - SHALLOW END - LINES WILL BE MOVED AT 1:50PM							
NAVY SEALS - LANES 4 and 5 RESERVED - OPEN SWIM IN LANES 1, 2 & 3							
SASA SCHOOL - BOYS 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 ***							