

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

SHALLOW POOL SCHEDULE - JANUARY 2026

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	NOTE - YOUTH SWIM LESSONS AND SAFETY AROUND WATER STARTING WEEK OF JANUARY 12 - NOTE						
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	***						YOUTH
10:30-11:00							RESERVED
11:00-11:30		WATER		WATER		WATER	* KIDS ONLY *
11:30-12:00		FITNESS		FITNESS		FITNESS	LESSONS
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		YOUTH		***
4:30-5:00	FLOAT - FLOW	SP. OLYMPICS	RESERVED		RESERVED		***
5:00-5:30	FLOAT - FLOW	HAVE ACCESS	* KIDS ONLY *		* KIDS ONLY *		***
5:30-6:00	***	AS NEEDED	SAFETY		LESSONS		***
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 **

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 **

*** JANUARY - PARENTS NIGHT OUT - Shallow Pool (Saturday January 17 - 2:00PM - 3:30PM)**

NOTE - YOUTH SWIM LESSONS AND SAFETY AROUND WATER STARTING WEEK OF JANUARY 12 - NOTE

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DEEP POOL SCHEDULE - JANUARY 2026							
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	***						YOUTH
10:30-11:00							RESERVED
11:00-11:30			NAVY SEALS				* KIDS ONLY *
11:30-12:00			** LANES 4 - 5 **				LESSONS
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						DIVE & GLIDE *
2:00-2:30	** LANES 3-4-5 **	***	***	***	***	***	KIDS SCUBA
2:30-3:00	**RESERVED **	***	***	***	***	***	DISCOVERY
3:00-3:30		***	***	***	***	***	
3:30-4:00	NOTE - YOUTH SWIM LESSONS AND SPECIAL OLYMPICS STARTING WEEK OF JANUARY 12 - NOTE						
4:00-4:30	***						***
4:30-5:00	***	SP. OLYMPICS	SASA		YOUTH	SASA	***
5:00-5:30	***	* LANES 2-3-4-5 *	SWIM TEAM		RESERVED	SWIM TEAM	***
5:30-6:00	***	RESERVED	** LANES 3-4-5 **		* KIDS ONLY *	** LANES 3-4-5 **	***
6:00-6:30	***		**RESERVED **		LESSONS	**RESERVED **	***
6:30-7:00	***				DIVE & GLIDE *	***	***
7:00-7:30	***				DIVE & GLIDE *	***	***
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	
YOUTH SWIM LESSONS - LANES 4 and 5 RESERVED - OPEN SWIM IN LANES 1, 2 & 3							
SPECIAL OLYMPICS - LANES 2, 3, 4 & 5 RESERVED - OPEN SWIM IN LANES 1 ONLY							
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 ***							

** SPECIAL SCHEDULED EVENTS OR CLASSES **
* DIVE & GLIDE (SCUBA Diving) - LANES 4 & 5 (THURSDAYS PM - Starting at 6:30PM) *
* DIVE & GLIDE (Kids SCUBA Discovery) - LANES 4 & 5 (SATURDAYS PM - 1:30PM - 3:00PM) *

NOTE - YOUTH SWIM LESSONS AND SAFETY AROUND WATER STARTING WEEK OF JANUARY 12 - NOTE
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