

* 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		WATER FITNESS		OPEN SWIM PERIOD		FAMILY FUN SUNDAY							
REGISTERED SWIM LESSON PARTICIPANTS ONLY		ACTIVE CLASS PARTICIPANTS ONLY		UNDER THE AGE OF 4		YOUTH & FAMILY WELCOME							
No Other Members/Swimmers Will Be Allowed in Shallow Pool During Swim Lesson Periods ***		Fitness to Use Shallow End Only Lines Will Be Moved to Lane 5 Wall Deep End Marking Line Installed ***		Must be in the arms of an adult or at arm reach of an adult at all times (ratio 1:1) ***		***							
NO EXCEPTIONS !!		Deep End May be Used for Treading or Exercises (Must Be Able to Enter AND Exit Deep End Unassisted Using Ladder or Pool Deck)		AGES 4 to 7 YEARS OLD		PARENT MUST BE IN WATER WITH							
				Adult must be in the water and always keep swimmers at arm reach (ratio 1:4) ***		YOUTH UNDER 14 AT ALL TIME							
				AGES 8 to 13 YEARS OLD		All Participants Must Remain in							
				Adult must be in the water or on the pool deck (ratio 1:6)		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	***	LANE LINES WILL BE MOVED BACK BY 9:35AM				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 - *** TREADING, WATER AEROBICS, NOODLES, ETC MUST MOVE TO LANE 1 - NO EXCEPTIONS !!		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