

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

SHALLOW POOL SCHEDULE - OCTOBER 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	***	***	***	***	***	***	***
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		BRIDGEPORT			
10:00-10:30	***	RESERVED		RESERVED			STARTING
10:30-11:00		* KIDS ONLY *		* KIDS ONLY *			October 31
11:00-11:30	SPLASH	WATER		WATER		WATER	* KIDS ONLY *
11:30-12:00	October 18	FITNESS		FITNESS		FITNESS	SWIM LESSONS
12:00-12:30	PARTY	BRIDGEPORT		BRIDGEPORT			
12:30-1:00		RESERVED		RESERVED			
1:00-1:30		* KIDS ONLY *	ISD	* KIDS ONLY *			
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	***	***	***	***	***	October 17
4:00-4:30	FLOAT - FLOW				STARTING		***
4:30-5:00	FLOAT - FLOW				October 29		***
5:00-5:30	FLOAT - FLOW				* KIDS ONLY *		***
5:30-6:00	***				SWIM LESSONS		***
6:00-6:30	***						***
6:30-7:00	***					***	***
7:00-7:30	***					***	***

YOUTH SWIM LESSONS

REGISTERED SWIM LESSON PARTICIPANTS ONLY

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

NO EXCEPTIONS !!

OPEN SWIM PERIOD

YOUTH OF ALL AGES & FAMILY WELCOME

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)

WATER FITNESS

ACTIVE CLASS PARTICIPANTS ONLY

No Other Members/Swimmers Will Be Allowed in Shallow Pool During Water Fitness Classes (Unless Private Swim Lesson or PT)

NO EXCEPTIONS !!

****BRIDGEPORT (3rd GRADE) SAFETY AROUND WATER **SHALLOW POOL RESERVED - KIDS ONLY ** STARTS 9/21/26**

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 *****

YOUTH SWIM LESSONS - SHALLOW POOL RESERVED - Starting October 29 and 31st

**** SPECIAL SCHEDULED EVENTS OR CLASSES ****

*** OCTOBER - PARENTS NIGHT OUT - Shallow Pool (Saturday, October 17- 2:00PM - 3:30PM)**

*** OCTOBER - SPLASH PARTY - Shallow Pool (Sunday, October 18 - 11:00AM - 12:30PM)**

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DEEP POOL SCHEDULE - OCTOBER 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	***						RESERVED
10:30-11:00							OCT 31ST
11:00-11:30			NAVY SEALS				* KIDS ONLY *
11:30-12:00			** LANES 4-5 **				SWIM 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							
1:30-2:00							
2:00-2:30		***	***	***	***	***	
2:30-3:00		***	***	***	***	***	
3:00-3:30		***	***	***	***	***	
3:30-4:00	***	***	***	***	***	***	***
4:00-4:30	***						***
4:30-5:00	***	SASA	SASA	SASA	SASA	SPECIAL	***
5:00-5:30	***	RESERVED	RESERVED	RESERVED	RESERVED	RESERVED	***
5:30-6:00	***	* LANES 3,4 & 5 *	* LANES 3,4 & 5 *	* LANES 3,4 & 5 *	* LANES 3,4 & 5 *	OLYMPICS	***
6:00-6:30	***	SWIM TEAM	SWIM TEAM	SWIM TEAM	SWIM TEAM		***
6:30-7:00	***				* DIVE & GLIDE *	***	***
7:00-7:30	***				OCT 1, 8, 15	***	***

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 and 5 RESERVED - OPEN SWIM IN LANES 1, 2 & 3

SPECIAL OLYMPICS SWIM TEAM ** RESERVED ** All Five (5) Lanes (Fridays 4:30PM - 6:00PM)

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

SASA SWIM TEAM - LANES 3, 4 & 5

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

**** SPECIAL SCHEDULED EVENTS OR CLASSES ****

*** DIVE & GLIDE (SCUBA Diving) - LANES 4 & 5 (THURSDAY PM - Starting at 6:00PM) ***