

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

SHALLOW POOL SCHEDULE - SEPTEMBER 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			
10:30-11:00		* KIDS ONLY *		* KIDS ONLY *			
11:00-11:30		WATER		WATER		WATER	
11:30-12:00		FITNESS		FITNESS		FITNESS	
12:00-12:30		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	***	***	***	***	***	SEPT 19
4:00-4:30	FLOAT - FLOW		YOUTH		YOUTH		***
4:30-5:00	FLOAT - FLOW		RESERVED		RESERVED		***
5:00-5:30	FLOAT - FLOW		* KIDS ONLY *		* KIDS ONLY *		***
5:30-6:00	***		LESSONS		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 *****

** SPECIAL SCHEDULED EVENTS OR CLASSES **

*** SEPTEMBER - PARENTS NIGHT OUT - Shallow Pool (Saturday 8/19/26 - 2:00PM - 3:30PM)**

DEEP POOL SCHEDULE - SEPTEMBER 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							
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							
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		***
5:00-5:30	***	**LANES**	**LANES**	**LANES**	**LANES**		***
5:30-6:00	***	3,4&5	3,4&5	3,4&5	3,4&5		***
6:00-6:30	***	SWIM TEAM	SWIM TEAM	SWIM TEAM	SWIM TEAM		***
6:30-7:00	***				* DIVE & GLIDE *	***	***
7:00-7:30	***				SEPT 3, 10 & 17	***	***

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
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YOUTH SWIM LESSONS - LANES 4 and 5 RESERVED - OPEN SWIM IN LANES 1, 2 & 3

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) ***

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