

SUMMER INSPIRATION FOR POOLS

Dive into Summer!

This guide is packed with creative, inclusive, and exciting **aquatics and pool programming ideas** designed to make a splash all season long. Whether you're looking for wellness, fun, fitness, or community, there's something for everyone — from kids to older adults, from float parties to walking in the water.



Get ready for your best summer yet at the pool!

Let's celebrate community, movement, and joy — one splash at a time.

Community Pool Events

1. Dive-In Movie Nights

- Float in the pool while watching a movie projected on a big screen.
- Themes: Family night (e.g., *Finding Nemo*), teen night (*Jaws*, *Aquaman*), or classics.

2. Themed Pool Parties

- **Luau Night:** Hawaiian music, leis, tiki torches, games.
- **Glow Swim:** Night swimming with glow sticks, underwater lights, neon decorations.
- **Pirate Day:** Treasure hunts, pirate ship floats, costume contest.

3. Water Carnival Day

- Water balloon toss, cannonball contest, float races, dunk tank, and more.
- Ideal for family weekends.

4. Back-to-School Bash or End-of-Summer Splash

- Celebrate the start or end of the school year with music, games, snacks, and giveaways.
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Programs & Lessons

5. Swim Lessons (All Ages)

- Offer sessions for toddlers, kids, teens, adults, and seniors.
- Include water safety days with local fire or police department involvement.

6. Aqua Fitness Classes

- **Water Zumba, Aqua Yoga, or Deep Water Aerobics.**
- Great low-impact workout option, especially for older adults.

7. Lap Swim & Master Swim Club

- Reserved times for adult lap swimmers.
- Organize coached workouts or triathlon training groups.



Family & Kids Focused

8. Parent & Tot Playtime

- Shallow water reserved for families with toddlers, with toys and music.

9. Swim with a Mermaid (or Pirate)

- Costumed character visits, storytelling, and photo ops.

10. Junior Lifeguard Program

- Teach kids water safety, CPR basics, and lifeguarding skills.
- Helps build responsibility and interest in future lifeguard roles.

11. Poolside Storytime

- Partner with the local library; host story sessions near the kiddie pool.



Competitions & Challenges

12. Floatie Races

- Race across the pool in silly inflatables.

13. Family Relay Night

- Families form teams and compete in relay-style challenges in the pool.

14. Swim-a-thon or Distance Challenges

- Fundraiser or community challenge to swim a collective distance.

15. Cardboard Boat Regatta

- Teams build cardboard boats and race them across the pool. Hilarious and fun to watch!

Other:

- Triathlon Event (<https://www.trisask.org/>)
- Wolseley Triathlon Example: <https://wolseleysktriathlon.com/>
- Summerween – Night Swim with Costume Contest
- Midnight Swim with Glow Sticks
- Host a waterpolo clinic
- Fun Run & Swim
- Pool Party with Live Music/Band
- Sisters Swimming Sessions (female only)
- Drop In Paddleboarding
- Back to School Party
- Beach Vacation
- Scavenger Hunt at the Pool
- Dog Swim: <https://www.regina.ca/parks-recreation-culture/recreation-facilities/outdoor-swimming-pools-spray-pads/dog-swim/>
- Pool Know Before You Go Guide: <https://www.regina.ca/export/sites/Regina.ca/parks-recreation-culture/parks/.galleries/pdfs/Wascana-Pool-Know-Before-You-Go-2024.pdf>
- Spray Park Events for Families



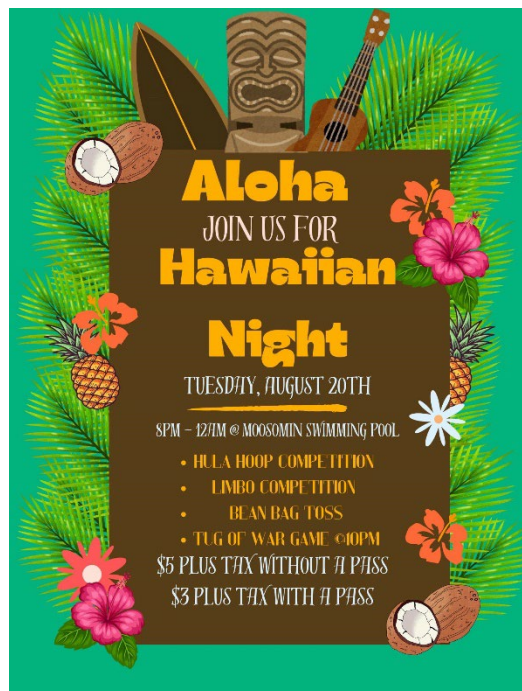
(Credit: Carlyle Pool; retrieved on Facebook Page)



(Credit: Gainsborough Swimming Pool; retrieved on Facebook Page)



(Credit: Pilot Butte; retrieved on Facebook Page)



(Credit: Moosomin Swimming Pool; retrieved on Facebook Page)



(Credit: Melville Pool; retrieved on Facebook Page)

Creative + Arts-Inspired Pool Events

Blending arts and creativity with poolside fun is such a cool way to draw in people who might not usually come to the pool *just* to swim. Here are some unique, artsy events that can make your community pool stand out as a true summer culture hub:

1. Poolside Paint (Family-Friendly or Adult)

- Set up easels around the deck with a view of the water.
- Offer a beginner-friendly painting session.
- Can be adult-only in the evening or family-friendly with juice & snacks during the day.

2. Floating Art Gallery

- Display waterproof artwork (laminated or printed on weather-resistant materials) that floats in the pool or lines the pool deck.
- Could feature local student art, community artists, or even photo exhibits.

3. Water Ballet or Aquatic Dance Performance

- Invite a synchronized swim team or choreograph a water-based dance set to music.
- Host it as a sunset performance with lighting, costumes, and storytelling.

4. Underwater Photography Workshop

- Teach basic underwater photo techniques using waterproof cameras or phones with cases.
- Could include a fun photo booth with props for underwater selfies.

5. "Chalk the Deck" Pool Art Festival

- Host a sidewalk chalk art competition on the pool deck.
- Themes like “Summertime Dreams” or “Underwater Fantasy” — open to kids, teens, and adults.

6. Poolside Poetry or Acoustic Night

- Set up a small stage for spoken word, live acoustic music, or poetry slams.
- Audience floats or lounges while listening to performers.
- Great with fairy lights or lanterns in the evening.

7. Watercolor & Water Play

- For younger kids: Let them paint watercolors on pool-safe easels right after splash play.
- Pair with storytelling or creative prompts like “paint what you saw under the sea.”

8. Glow Art Night

- Hand out glow sticks, neon face paint, and UV-reactive art supplies.
- Combine with a glow swim and have people create glowing art by the pool.

9. Costume Swim Parade

- Encourage attendees to design and wear “artistic” swim-friendly costumes.
- Host a floating runway or pool parade with categories like “most creative,” “funniest,” or “DIY genius.”

10. Community Mural on Pool Fencing

- Invite local artists or families to paint panels of a temporary mural along the pool fence.
- Could be a collaborative project that changes each summer.

Cultural Celebration Events

1. "World Splash" – International Pool Party

- Highlight different cultures through music, poolside food trucks or tastings, and themed activities.
- Stations for henna, papel picado crafts, mini dance lessons.
- Play global music playlists throughout the day.

2. Global Swim Parade

- Families and individuals wear colors or outfits representing their heritage.
 - Do a float-friendly “cultural parade” around the pool, with announcers sharing stories or traditions.
 - Can include a mini fashion show with traditional clothing (dry zone).
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Accessible & Adaptive Events

4. Inclusive Adaptive Swim Day

- Partner with local orgs to host water activities for people with disabilities.
 - Include floating wheelchairs, adaptive games, gentle water exercise with instructors.
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LGBTQ+ Inclusive Events

5. Pride Pool Party

- Celebrate with pride flags, inclusive music, floaties in rainbow colors, and affirming messaging.
 - Drag storytime poolside or a drag float parade.
 - Safe space signage, staff training, and all-gender changing areas help too.
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Heritage-Inspired Art & Music Events

6. "Splash & Sound" Cultural Music Night

- Bring in local musicians from diverse backgrounds—steel drum bands, mariachi, African drumming, etc.
- Night swims with live music, dance workshops, and food vendors.

7. Community Art Wall: “What Does Home Look Like?”

- Collaborative mural or painting wall where guests add images, flags, or words representing their heritage and identity.
- Place this near the pool entrance for visibility and community pride.

Language-Inclusive Offerings

8. Cultural Storytime Poolside

- Partner with local librarians or storytellers to host story sessions
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Community Unity Events

10. “Everyone Belongs” Day

- Feature multilingual signage, welcoming visuals, and a program celebrating different identities (faith, culture, gender, race).
 - Invite community leaders to speak or lead a moment of reflection or unity.
 - Could close with a lantern float or group splash to symbolize connection.
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ADULT POOL PROGRAMMING IDEAS

Adults and older adults are so often overlooked when it comes to fun, creative aquatic programming. There’s a lot more to offer than just lap swim and water aerobics, and with the right twist, you can turn your pool into a wellness, social, and creative destination for grown-ups.

Here’s a list of unique and engaging pool & aquatics programs tailored specifically for adults and older adults (with a mix of fun, fitness, creativity, and social connection):

Creative & Social Pool Programs

1. Aqua Art Night

- Floating or poolside painting class
- Participants paint on waterproof paper while relaxing poolside or in shallow water.

2. Sunset Soak + Live Music

- Evening swim with ambient music (live acoustic, jazz, or even string quartet).
- Add floating LED lights and lounge chairs for an upscale, chill vibe.

3. Aquatic Book Club

- Monthly themed "poolside book chats" followed by a floating relaxation session.
 - Could combine with mindfulness swimming or poetry reading in the water.
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Wellness-Focused Programs

4. Aqua Mindfulness & Meditation

- Guided breathing and movement meditation sessions in the pool.
- Floating meditation with calming music and visualization prompts.

5. Deep Water Strength Circuits

- Use flotation belts in deep water to create a no-impact strength and cardio circuit.
- Great for joint health and core stability.

6. Couples or Friends Aqua Stretch & Massage Class

- Guided partner-assisted stretches and water-based relaxation techniques.
- Could include basic aquatic massage techniques (totally clothed and casual, of course!).

7. Water Walking for Longevity

- **Gentle walking workout** using resistance gear and guided pacing to improve strength & stability.
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Skill-Building & Niche Interest Programs

8. Adult Learn-to-Swim / Overcoming Fear of Water Workshops

- Gentle, supportive courses designed for adults who never learned to swim or are anxious around water.
- Taught in shallow water with a focus on comfort and confidence.

8. Mermaid Fitness for Grown-Ups

- Fun, fin-based workout using monofins or mermaid tails.
- Core, glutes, and playfulness — perfect for themed events or series.

9. Intro to Water Walking for Longevity

- Build muscle and coordination using resistance tools like water weights or resistance gloves.
- Make it more dynamic with interval-based walking challenges or themed music days.

10. Scuba or Snorkel Basics Night

- Partner with a dive shop to offer intro sessions in the pool.
- Low-pressure, educational, and adventurous!
- PlanetScuba.ca – Regina Scuba Shop



Just for Fun + Social Connection

13. Water Zumba Glow Party

- Evening session with glow sticks, dance beats, and easy choreography.
- Feels like a party but is easy on the joints.

14. Themed Swim Socials

- **Tropical Luau, Oldies Night, or Decades Dive-In** (60s, 70s, 80s-themed music + outfits).
- Float + music + light snacks = great social time.

15. Aquatic Game Day

- Organize low-impact water volleyball, noodle races, or a floating poker run.
- Fun for adults who want something a little more interactive than a standard class.

A **Pool Sports Day** is a fantastic way to engage the community in friendly competition, get active, and have a blast in the water! Here are some **fun, unique, and inclusive pool sports day ideas** for all ages and skill levels:



1. Water Volleyball Tournament

- **How it Works:** Set up a net in the pool and host a volleyball tournament. Use a beach ball or lightweight water volleyballs for easy play.
 - **Variation:** Have teams from different age groups, so families or friends can team up together!
 - **Inclusive Twist:** Adjust the net height for accessibility or allow "floating" players using pool noodles.
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2. Noodle Relay Races

- **How it Works:** Teams race from one end of the pool to the other while balancing on a pool noodle. The challenge: no touching the bottom!
 - **Variation:** Add a twist by requiring players to do specific actions (like "float on your back" or "splash the water" before tagging the next person).
 - **Inclusive Twist:** Use shorter distances for beginners or those with mobility issues.
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3. Pool Basketball

- **How it Works:** Set up floating basketball hoops and let participants score points by shooting water polo balls or beach balls into the hoop.
 - **Variation:** Create mini 3-point contests or obstacle challenges to make it more dynamic.
 - **Inclusive Twist:** Set up smaller, easier-to-reach hoops for younger kids or those with mobility challenges.
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4. Poolside Dodgeball

- **How it Works:** On the pool deck, play dodgeball with soft water balloons or beach balls.
 - **Variation:** To make it more challenging, have players dive into the pool and swim to safety after every dodge.
 - **Inclusive Twist:** Players who are hit can do a "fun challenge" (like a quick underwater swim) to get back in the game.
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5. Kayak / Paddleboard

- **How it Works:** If your pool is large enough, host kayak or stand-up paddleboard races.
 - **Variation:** Set up obstacle courses in the pool with inflatable obstacles for extra fun!
 - **Inclusive Twist:** Offer adaptive options like double kayaks or seated paddleboards for anyone with physical disabilities.
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6. Water Polo (Modified for Beginners)

- **How it Works:** Play a friendly game of water polo with basic rules, focusing on teamwork and passing a lightweight ball. You can play in teams or pairs.
 - **Variation:** Make it a "no-contact" version to avoid rough play.
 - **Inclusive Twist:** Smaller pools or shallow areas allow for more accessible play for all ages and abilities.
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7. Splash & Dash Obstacle Course

- **How it Works:** Create an obstacle course in the pool with floating platforms, pool noodles, and diving rings. Participants race through the course and compete for the fastest time.
 - **Variation:** Add water balloon tosses, timed sprints, or floating hurdles for an extra challenge.
 - **Inclusive Twist:** Design an easier version for kids or individuals who may have mobility limitations in the water.
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8. Synchronized Swimming Challenge

- **How it Works:** Teams of 2–4 create a fun synchronized swimming routine to music. Judges score based on creativity, timing, and teamwork.
 - **Variation:** Focus on funny routines for extra entertainment, or have categories like “Best Team Costume.”
 - **Inclusive Twist:** Allow all skill levels and provide a choreography tutorial for beginners.
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9. Pool Olympics

- **How it Works:** Combine multiple pool games (volleyball, basketball, noodle races, etc.) into an Olympic-style event. Players earn points for each event, and the winner is crowned "Pool Olympian" at the end of the day.
 - **Variation:** Host a ceremony with medals and a podium for the top three winners!
 - **Inclusive Twist:** Incorporate team events so that participants of all ages and abilities can compete together.
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10. Water Relay Race (with a Twist!)

- **How it Works:** Teams of 4 race across the pool, with each player completing a different action, like treading water for 30 seconds, swimming underwater to the other side, or jumping over floating obstacles.
 - **Variation:** Add fun challenges like floating with a balloon on your head or passing a beach ball from person to person without using hands.
 - **Inclusive Twist:** Set up varying levels of difficulty so everyone, from kids to seniors, can participate.
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11. Pool Volleyball (Non-Traditional)

- **How it Works:** Instead of using a regular volleyball, play with large beach balls that are easier to hit and keep in play. Set up two teams and play over the pool net.
 - **Variation:** For a bigger twist, introduce "splash zones" where certain areas of the pool must be avoided for added strategy.
 - **Inclusive Twist:** Let everyone use noodles or floats to help them stay afloat while they play.
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12. Floatie Races

- **How it Works:** Participants race across the pool on inflatable floats like unicorns, flamingos, or giant donuts. The first to reach the other side wins!
- **Variation:** Have a relay race where participants pass the floatie to the next team member.
- **Inclusive Twist:** Offer floaties that are comfortable for all body types and abilities.

Promo & Engagement Ideas

- **Punch Card Challenge:** Attend 6 classes, get a free guest pass or water bottle.
- **Golden Splash Club:** Special recognition for 65+ participants who attend 10+ classes/events.
- **Community Feature Wall:** Highlight participants' swim stories, photos, and art at the pool entrance.
- **Try-A-Class Week (Late June):** Free demos for each program before the season kicks off.

Use Social Media!

Post Template: Sunset Soak + Live Music

Visual: Sunset, lanterns, soft lighting, live guitarist or jazz sax by the pool

Caption:

Sunset Soak + Live Music

Wind down with water, music, and great company.

 Float or lounge poolside while local musicians set the mood.

 Floating lanterns, soft lights, and seriously good vibes.

 June 15, July 13, August 10 | 7:30–9:00 PM

 [Your Pool Name]

Free with pool admission. Bring your float or borrow one of ours 

#SunsetSoak #LiveMusicNights #RelaxInTheWater #SummerEvenings
#CommunityVibes

Caption (Instagram/Facebook):

Pride Pool Party: Make a Splash!

Celebrate every color of the rainbow with us at the pool — because everyone deserves to feel seen, safe, and celebrated 

 Drag Storytime & Float Parade

 Inclusive music + rainbow floaties

💖 Whether you float, dance, or just soak up the good vibes — come as you are and bring your brightest self.

📍 [Pool Name]

📅 [Date] | ⌚ [Time]

🆓 Free with pool admission / [or note any registration link]

#PridePoolParty #InclusiveSwim #LovelsLove #CommunityWithPride #DragStorytime
#LGBTQCelebration