



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AQUATICS SCHEDULE

July 31<sup>st</sup>-August 11<sup>th</sup>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-7:00 Ormond Y Masters (8 lanes)	6:00-7:00 Ormond Y Masters ( 8 lanes)	5:30-7:00 Ormond Y Masters (8 lanes)	6:00-7:00 Ormond Y Masters (8 lanes)	5:30-7:00 Ormond Y Masters (8 lanes)	7:00 – 8:00 Lap swim (16 lanes)	
8:30-9:15 Y Swim League (8 lanes)	7:00-9:30 Adult Lap swim (10 lanes)	8:30-9:15 Y Swim League (8 lanes)	7:00-9:30 Adult Lap swim (10 lanes)	7:00-9:30 Adult Lap swim (10 lanes)		
8:30–10:00 Sea Breeze (6 lanes)	8:30–10:00 Sea Breeze (6 lanes)	8:30–10:00 Sea Breeze (6 lanes)	8:30–10:00 Sea Breeze (6 lanes)	8:30–10:00 Sea Breeze (6 lanes)		
9:30-1130 Group Swim Lessons	9:30-1130 Group Swim Lessons	9:30-1130 Group Swim Lessons	9:30-1130 Group Swim Lessons		8:00-9:30 Ormond Y Masters (6 Lanes)	
8:30-9:15 Deep Water Aerobics		10:00-10:45 Water Aerobics		10:00-10:45 Water Aerobics		1:00-4:30pm Lap swim (14 lanes) Open swim
11:45-1:00 Maters Lunch Bunch (4 Lanes)		11:45-1:00 Masters Lunch Bunch (4 Lanes)		11:45-1:00 Masters Lunch Bunch (4 Lanes)	12:00-4:30 Community Swim \$3.00	
1:00-3:30 Camp Swim	1:00-3:30 Camp Swim	1:00-3:30 Camp Swim	1:00-3:30 Camp Swim	1:00-3:30 Camp Swim	Pool Closed 4:30	Pool Closed 4:30
4:00-6:30 Group Swim Lessons	4:00-6:30 Group Swim Lessons	4:00-6:30 Group Swim Lessons	4:00-6:30 Group Swim Lessons			
	5:30-6:15 Water Aerobics		5:30-6:15 Water Aerobics			
5:30-7:00 Master Swim 8 DBS 6 lanes	6:30-7:15 Y Swim League DBS 6 lanes	5:30-7:00 Master Swim 8 DBS 6 lanes	6:30-7:15 Y Swim League DBS 6 lanes	5:30-7:00 Master Swim 8 DBS 6 lanes		
6:30-8:30 Adult Lap swim (8 lanes)	6:30-8:30 Adult Lap swim (8 lanes)	6:30-8:30 Adult Lap swim (8 lanes)	6:30-8:30 Adult Lap swim (8 lanes)	6:30-7:30 Adult Lap swim (8 lanes)		
Pool Closed 8:30	Pool Closed 8:30	Pool Closed 8:30	Pool Closed 8:30	Pool Closed 7:30		

**Lap Swimming Tips:** Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer’s acknowledgement that you are there. Please get kickboards, pull buoys, etc. before entering the pool.

**Directions for Adult Lap:** If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to “circle” swimming format.

**Schedule and is subject to change**

Multiple activities are often scheduled in this pool at the same time.

**Private Swim Lessons Scheduled with Instructor**