



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS SCHEDULE

August - November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-7:00 Ormond Y Masters (8 lanes)	5:45-7:00 Ormond Y Masters (8 lanes)	5:45-7:00 Ormond Y Masters (8 lanes)	5:45-7:00 Ormond Y Masters (8 lanes)	5:45-7:00 Ormond Y Masters (8 lanes)	7:00 – 8:00 Lap swim (16 lanes)	
7:00-10:00 Lap Swim/ Open Swim	7:00-10:00 Lap Swim/ Open Swim	7:00-10:00 Lap Swim/ Open Swim	7:00-10:00 Lap Swim/ Open Swim	7:00-10:00 Lap Swim/ Open Swim	8:00-9:30 Ormond Y Masters (6 Lanes)	
8:30-9:15 Water Aerobics	10:00-10:45 Water Aerobics	10:00-10:45 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 Masters 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	
1:00-3:00 Lap Swim/ Open Swim	1:00-3:00 Lap Swim/ Open Swim	1:00-3:00 Lap Swim/ Open Swim	1:00-3:00 Lap Swim/ Open Swim	1:00-3:00 Lap Swim/ Open Swim		
3:30-5:30 Seabreeze (6 lanes)	3:30-5:30 Seabreeze (6 lanes)	3:30-5:30 Seabreeze (6 lanes)	3:30-5:30 Seabreeze (6 lanes)	3:30-5:30 Seabreeze (6 lanes)		
5:30-6:30 Master Swim (8 lanes)	4:00-6:30 Group Swim Lessons	5:30-6:30 Master Swim (8 lanes)	4:00-6:30 Group Swim Lesson	5:30-6:30 Master Swim (8 lanes)		
5:30-7:00 DSB (6 lanes)	5:30-7:00 DSB (6 lanes)	5:30-7:00 DSB (6 lanes)	5:30-7:00 DSB (6 lanes)	5:30-7:00 DSB (6 lanes)		
	5:30-6:30 Water Aerobics		5:30-6:30 Water Aerobics			
	6:30-7:15 Y Swim League (6 lanes)		6:30-7:15 Y Swim League (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)		

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