



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS SCHEDULE

August 14th-November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:15 Masters 6 lanes (8 lap lanes)	5:00-6:30 (all lap lanes)	5:30-6:15 Masters 6 lanes (8 lap lanes)	5:00-6:30 (all lap lanes)	5:30-6:15 Masters 6 lanes (8 lap lanes)		
6:30-9:30 Lap Swim/ Open Swim	6:30-9:30 Lap Swim/ Open Swim	6:30-9:30 Lap Swim/ Open Swim	6:30-9:30 Lap Swim/ Open Swim	6:30-9:30 Lap Swim/ Open Swim	7:00-8:00 Adult Lap/ Open Swim	
10:15-11:00 Water Aerobics (10 lap lanes)	10:15-11:00 Water Aerobics (10 lap lanes)	9:30 & 10:15 Water Aerobics 2 classes 45min (6 lap lanes)	10:15-11:00 Water Aerobics (10 lap lanes)	9:30 & 10:15 Water Aerobics 2 classes 45min (6 lap lanes)	8:00-10:00 Speed 8 lanes (6 lanes)	
11:00-3:15 Lap Swim/ Swim Lesson	11:00-3:15 Lap Swim/ Swim Lesson	11:00-2:15 Lap Swim/ Swim Lesson	11:00-3:15 Lap Swim/ Swim Lesson	11:00-3:15 Lap Swim/ Open Swim	10:30-11:15 Water Aerobics	12:00-4:30 Open Swim
3:00-4:45 Creek 7 lanes Speed 8 lanes (2 lap lanes)	3:00-4:45 Creek 7 lanes Speed 8 lanes (2 lap lanes)	2:15-4:00 Creek 7 lanes Speed 8 lanes (2 lap lanes)	3:00-4:45 Creek 7 lanes Speed 8 lanes (2 lap lanes)	3:00-4:45 Creek 7 lanes Speed 8 lanes (2 lap lanes)		
4:45-5:30 Speed 15 lanes (2 lap lanes)	4:45-5:30 Speed 15 lanes (2 lap lanes)	4:45-5:30 Speed 15 lanes (2 lap lanes)	4:45-5:30 Speed 15 lanes (2 lap lanes)	4:45-5:30 Speed 15 lanes (2 lap lanes)	Pool Closes 4:30	Pool Closes 4:30
5:30-6:00 Speed 8 lanes (6 lap lanes)	5:30-6:00 Speed 8 lanes (6 lap lanes)	5:30-6:00 Speed 8 lanes (6 lap lanes)	5:30-6:00 Speed 8 lanes (6 lap lanes)	5:30-6:00 Speed 8 lanes (6 lap lanes)		
6:00-7:00 Masters 4 lanes (8 Lap lanes)	6:30-7:15 Y Swim League (8 lanes)	6:00-7:00 Masters 4 lanes (8 Lap lanes)	6:30-7:15 Y Swim League (8 lanes)	6:00-7:00 Masters 4 lanes (8 Lap lanes)	12:00-4:30 Community Swim \$3.00	
7:00-8:30 Lap Swim/ Open Swim		7:00-8:30 Lap Swim/ Open Swim		7:00-7:30 Lap Swim/ Open Swim		
Pool Closes 8:30	Pool Closes 8:30	Pool Closes 8:30	Pool Closes 8:30	Pool Closes 7:30		Pool Closed Sept. 8,9,10 Sept. 23 Oct.7

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.

Speed: Please choose a lane with swimmers that most nearly match your speed.

Schedule and is subject to change

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

Private Swim Lessons Scheduled with Instructor

PORT ORANGE FAMILY YMCA

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