



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AQUATICS SCHEDULE

## January- April

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-7:45 Adult Lap	5:30-9:15 Adult Lap	5:30-7:45 Adult Lap	5:30-9:15 Adult Lap	5:30-7:45 Adult Lap		
8:00-9:00 Aqua Fitness		8:00-9:00 Aqua Fitness		8:00-9:00 Aqua Fitness		
9:00-10:00 Deep Water Aqua Fitness	9:30-10:30 Aqua Fitness	9:00-10:00 Deep Water Aqua Fitness	9:30-10:30 Aqua Fitness	9:00-10:00 Deep Water Aqua Fitness	8:00-9:00 Lap Swim	
10:00-11:00 Aqua Fitness	10:30-11:30 Aqua Fitness Dance	10:00-11:00 Aqua Fitness	10:30-11:30 Aqua Fitness Dance	10:00-11:00 Aqua Fitness	9:00-11:00 ½ Swim Lessons/ Lap Swim	
	11:45-3:15 Lap Swim/ Family Swim		11:45-3:15 Lap Swim/ Family Swim		<b>\$3.00</b> <b>Community</b> <b>Swim</b> <b>11:00-130</b>	
11:15-4:15 Lap Swim/ Family Swim	3:30-5:00 ½ Swim Lesson	11:15-4:15 Lap Swim/ Family Swim	3:30-5:00 ½ Swim Lesson	11:15-4:15 Lap Swim/ Family Swim	11:00-1:30 Family Swim 1 Lap Lane	1:00-4:40 Family Swim 1 Lap Lane
4:30-6:00 Killer Whales 3 Lanes	4:30-6:00 Killer Whales 3 Lanes	4:30-6:00 Killer Whales 3 Lanes	4:30-6:00 Killer Whales 3 Lanes	4:30-6:00 Killer Whales 3 Lanes		
5:30-7:30 ½ Swim Lessons	6:00-7:00 Y Swim League	5:30-7:30 ½ Swim Lessons	6:00-7:00 Y Swim League	6:15-7:30 Family Swim		
7:30-8:30 ½ Family Swim ½ Lap	7:30-8:30 Lap Swim	7:30-8:30 ½ Family Swim ½ Lap	7:30-8:30 Lap Swim			
8:30 Pool Closed	8:30 Pool Closed	8:30 Pool Closed	8:30 Pool Closed	7:30 Pool Closed	1:30 Pool Closed	4:30 Pool Closed

**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 is subject to change**

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

**Private Swim Lessons Scheduled with Instructor**

DELAND FAMILY YMCA

761 E International Speedway Boulevard, DeLand, FL 32724 | P 386.736.6000 | F 386.736.9622 | vfymca.org

TOGETHER WE CAN BUILD A BETTER US