



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AQUATICS SCHEDULE

March 20<sup>th</sup> -April 20<sup>th</sup> 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-6:15 Masters 8 lanes (7 lap lanes)	5:00-6:30 (all lap lanes)	5:00-6:15 Masters 8 lanes (7 lap lanes)	5:00-6:30 (all lap lanes)	5:00-6:15 Masters 8 lanes (7 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 LONG Open Swim	
9:15 & 10:15 Water Aerobics (10 lap lanes)	10:15-11:00 Water Aerobics (10 lap lanes)	9:15 & 10:15 Water Aerobics 2 classes 45min (10 lap lanes)	10:15-11:00 Water Aerobics (10 lap lanes)	9:15 & 10:15 Water Aerobics 2 classes 45min (10 lap lanes)	8:00-10:00 Speed 6 LONG (2 LONG lap)	
11:00-2:45 Lap Swim/ Swim Lesson	11:00-2:45 Lap Swim/ Swim Lesson	11:00-2:30 Lap Swim/ Swim Lesson	11:00-2:45 Lap Swim/ Swim Lesson	11:00-2:45 Lap Swim/ Open Swim	10:30-11:15 Water Aerobics	12:00- 4:30 Open Swim
2:45-3:15 Lane Change	2:45-3:15 Lane Change	2:45-3:15 Lane Change	2:45-3:15 Lane Change	2:45-3:15 Lane Change	<b>10:00-1:30 Community Swim \$3.00</b>	
3:30-5:30 Speed 7 LONG (1 lap lanes) 1 swim lesson	3:30-5:30 Speed 7 LONG (1 lap lanes) 1 swim lesson	2:30-5:30 Speed 7 LONG (1 lap lanes) 1 swim lesson	3:30-5:30 Speed 7 LONG (1 lap lanes) 1 swim lesson	3:30-5:30 Speed 7 LONG (1 lap lanes) 1 swim lesson	Pool Closes 1:30	Pool Closes 4:30
5:30-6:00 Speed 4 LONG (4 LONG lap/lessons)	5:30-6:00 Speed 4 LONG (4 LONG lap/lessons)	5:30-6:00 Speed 4 LONG (4 LONG lap/lessons)	5:30-6:00 Speed 4 LONG (4 LONG lap/lessons)	5:30-6:00 Speed 4 LONG (4 LONG lap/lessons)		
6:00-6:15 Lane Change	6:00-6:15 Lane Change	6:00-6:15 Lane Change	6:00-6:15 Lane Change			
6:15-7:15 Masters 4 lanes ( 8 Lap lanes)	6:30-7:15 Y Swim League (8 lap lanes)	6:15-7:15 Masters 4 lanes ( 8 Lap lanes)	6:30-7:15 Y Swim League (8 lanes)	6:15-7:15 Masters 4 LONG ( 3 Lap lanes)		
7:00-8:30 Lap Swim/ Open Swim	7:00-8:30 Lap Swim/ Open Swim	7:00-8:30 Lap Swim/ Open Swim	7:00-8:30 Lap Swim/ Open Swim	7:00-7:30 Lap Swim/LONG Open Swim		
Pool Closes 8:30	Pool Closes 8:30	Pool Closes 8:30	Pool Closes 8:30	Pool Closes 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.

**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.**

PORT ORANGE FAMILY YMCA

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