



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AQUATICS SCHEDULE

## May, 2017 Indoor Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00 Aqua Fitness	8:00-9:15 Adult Lap	8:00-9:00 Aqua Fitness	8:00-9:15 Adult Lap	8:00-9:00 Aqua Fitness		
9:00- 10:00 Aqua Fitness (Deep Water)	9:30-10:30 Aqua Fitness (Low Intensity)	9:00- 10:00 Aqua Fitness (Deep Water)	9:30-10:30 Aqua Fitness (Low Intensity)	9:00- 10:00 Aqua Fitness (Deep Water)		
10:00-11:00 Aqua Fitness	10:30-11:30 Aqua Fitness (Low Intensity)	10:00-11:00 Aqua Fitness	10:30-11:30 Aqua Fitness (Low Intensity)	10:00-11:00 Aqua Fitness	9:00-10:30 YMCA Swim Lessons	
11:15-5:45 Open Swim (Lanes In)	11:15-3:15 Open Swim (Lanes In)	11:15-5:45 Open Swim (Lanes In)	11:15-3:15 Open Swim (Lanes In)	11:15-4:45 Open Swim (Lanes In)	10:45-4:30 Open Swim (Lanes In)	1:00-4:30 ½ Lap Swim ½ Family Swim
6:00-7:30 YMCA Swim Lessons	3:30-4:30 YMCA Swim Lessons	6:00-7:30 YMCA Swim Lessons	3:30-4:30 YMCA Swim Lessons			
7:15-8:30 Open Swim (Lanes Out)	4:45-8:30 Open Swim (Lanes In)	7:15-8:30 Open Swim (Lanes Out)	4:45-8:30 Open Swim (Lanes In)	4:45-7:30 Open Swim (Lanes Out)	1:00-4:30 Community Swim \$3.00	1:00-4:30 Community Swim \$3.00
Pool closed 8:30	Pool closed 8:30	Pool closed 8:30	Pool closed 8:30	Pool closed 7:30	Pool Closed 4:30	Pool Closed 4:30

**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 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 | vfmca.org

TOGETHER WE CAN BUILD A BETTER US



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# AQUATICS SCHEDULE

## May, 2017 Outdoor Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-7:45 Lap Swim	5:30-7:45 Lap Swim	5:30-7:45 Lap Swim	5:30-7:45 Lap Swim	5:30-7:45 Lap Swim		
8:00-1:00 *Kinder Swim	8:00-1:00 *Kinder Swim	8:00-1:00 *Kinder Swim	8:00-1:00 *Kinder Swim	8:00-1:00 *Kinder Swim	8:00-10:00 Lap Swim	
1:00-4:15 Open Swim (4 Lanes In)	1:00-4:15 Open Swim (4 Lanes In)	1:00-4:15 Open Swim (4 Lanes In)	1:00-4:15 Open Swim (4 Lanes In)	1:00-4:15 Open Swim (4 Lanes In)	10:15-4:30 Family Swim (2 Lanes In)	1:00-4:30pm ½ Lap swim ½ Family swim
4:30-6:00 Killer Whales (2 Adult Lap Lanes)	4:30-6:00 Killer Whales (2 Adult Lap Lanes)	4:30-6:00 Killer Whales (2 Adult Lap Lanes)	4:30-6:00 Killer Whales (2 Adult Lap Lanes)	4:30-6:00 Killer Whales (2 Adult Lap Lanes)		
6:15-8:00 Open Swim (4 Lanes In)	6:30-8:00 YMCA Swim League (2 Lanes In)	6:15-8:00 Open Swim (4 Lanes In)	6:30-8:00 YMCA Swim League (2 Lanes In)		1:00-4:30 Community Swim \$3.00	1:00-4:30 Community Swim \$3.00
Pool closed 8:00	Pool closed 8:00	Pool closed 8:00	Pool closed 8:00	Pool closed 6:00	Pool closed 4:30	Pool closed 4:30

**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 is subject to change**

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

**\*Kinder Swim** is a special program put on by the Y to provide local kindergarten students with lifesaving swim lessons. It will run from April 24-May 24 and the Outdoor pool will be closed to members at that time. On days that Kinder Swim does not run, the Outdoor pool will be open for members to use. Please call the Y at 386.736.6000 for more details.

**Private Swim Lessons Scheduled with Instructor**

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