



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS SCHEDULE

April 21st-May 27th Indoor Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00 Aqua Fitness	9:30-10:30 Aqua Fitness	8:00-9:00 Aqua Fitness	9:30-10:30 Aqua Fitness	8:00-9:00 Aqua Fitness		
9:00-10:00 Deep Water Aqua Fitness	10:30-11:30 Aqua Fitness	9:00-10:00 Deep Water Aqua Fitness	10:30-11:30 Aqua Fitness	9:00-10:00 Deep Water Aqua Fitness		
10:00-11:00 Water Aerobics		10:00-11:00 Water Aerobics		10:00-11:00 Water Aerobics		
11:15-5:15 ½ Lap Swim ½ Family Swim	11:45-3:15 ½ Lap Swim ½ Family Swim	11:15-5:15 ½ Lap Swim 1/2 Family Swim	11:45-3:15 ½ Lap Swim ½ Family Swim	11:15-7:30 ½ Lap Swim ½ Family	8:00-10:00 Lap swim (4 lanes)	1:00-4:30 ½ Lap Swim ½ Family Swim
5:30-7:30 ½ Swim Lessons ½ Family Swim	3:30-5:00 ½ Swim Lessons ½ Family Swim	5:30-7:30 ½ Swim Lessons ½ Family Swim	3:30-5:00 ½ Swim Lessons ½ Family Swim		10:15-4:30 ½ Lap swim ½ Family swim	
7:30-8:30 ½ Lap Swim ½ Family Swim	5:15-8:30 ½ Lap Swim ½ Family Swim	7:30-8:30 ½ Lap Swim ½ Family Swim	5:15-8:30 ½ Lap Swim ½ Family Swim			
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 and 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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS SCHEDULE

April 21st-May 27th Outdoor Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-11:00 Lap Swim (6 lap lanes)	5:30-11:00 Lap Swim (6 lap lanes)	5:30-11:00 Lap Swim (6 lap lanes)	5:30-11:00 Lap Swim (6 lap lanes)	5:30-11:00 Lap Swim (6 lap lanes)		
11:15-8:30 ½ Family Swim ½ Lap Swim	11:15-5:45 ½ Family Swim ½ Lap Swim	11:15-8:30 ½ Family Swim ½ Lap Swim	11:15-5:45 ½ Family Swim ½ Lap Swim	11:15-7:30 ½ Family Swim ½ Lap Swim	10:15-4:30 ½ Family Swim ½ Lap Swim	1:00-4:30pm ½ Lap swim ½ Family swim
	6:00-7:00 Y Swim League (3 lap lanes)		6:00-7:00 Y Swim League (3 lap lanes)		12:00-4:30 Community Swim \$3.00	
	7:15-8:30 ½ Family Swim ½ Lap Swim		7:15-8:30 ½ Family Swim ½ Lap Swim			
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.

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