



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AQUATICS SCHEDULE

## August 14<sup>th</sup>-October, 2016 Outdoor Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-7:45 Lap Swim	5:30-9:15 Lap Swim	5:30-7:45 Lap Swim	5:30-11:00 Lap Swim	5:30-7:45 Lap Swim	8:00-10:00 Deland High	
9:00-11:00 ½ Lap Swim ½ *Aqua Fitness 8:00 Shallow 9:00 Deep Water 10:00 Shallow	9:30-10:30 ½ Lap Swim ½ *Aqua Fitness Low Intensity	9:00-11:00 ½ Lap Swim ½ *Aqua Fitness 8:00 Shallow 9:00 Deep Water 10:00 Shallow	9:30-10:30 ½ Lap Swim ½ *Aqua Fitness Low Intensity	9:00-11:00 ½ Lap Swim ½ *Aqua Fitness 8:00 Shallow 9:00 Deep Water 10:00 Shallow	10:15-4:30 ½ Family Swim ½ Lap Swim	1:00-4:30pm ½ Lap swim ½ Family swim
11:15-3:15 ½ Family Swim ½ Lap Swim	10:45-3:15 ½ Family Swim ½ Lap Swim	11:15-3:15 ½ Family Swim ½ Lap Swim	10:45-3:15 ½ Family Swim ½ Lap Swim	11:15-3:15 ½ Family Swim ½ Lap Swim	12:00-4:30 Community Swim \$3.00	
3:30-5:30 Deland High School 6 lanes	3:30-5:30 Deland High School 6 lanes	3:30-5:30 Deland High School 6 lanes	3:30-5:30 Deland High School 6 lanes	3:30-5:30 Deland High School 6 lanes		
5:30-7:30 ½ YMCA Swim Lessons ½ Family Swim		5:30-7:30 ½ YMCA Swim Lessons ½ Family Swim		5:30-7:30 ½ Family Swim ½ Lap Swim		
7:30-8:30 ½ Family Swim ½ Lap Swim	5:30-8:30 ½ Family Swim ½ Lap Swim	7:30-8:30 ½ Family Swim ½ Lap Swim	5:30-8:30 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.

**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

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