



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS SCHEDULES

Four Townes Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim/ Open Swim 7:00am – 8:30am	Lap Swim/ Open Swim 7:00am – 5:30pm	Lap Swim/ Open Swim 7:00am – 8:30am	Lap Swim/ Open Swim 7:00am – 5:30pm	Lap Swim/ Open Swim 7:00am – 7:30pm		
Water Aerobics (Shallow Water) 8:00am – 9:00am		Water Aerobics (Shallow Water) 8:00am – 9:00am		Water Aerobics (Shallow Water) 8:00am – 9:00am		
Y Swim League 8:30am – 9:15am No Lap Lanes Available 8:30am – 9:15am		Y Swim League 8:30am – 9:15am No Lap Lanes Available 8:30am – 9:15am			Special Olympics* (4 Lanes) 8:00am – 9:00am * Third-party Program	
Water Aerobics (Shallow Water) 9:00am – 10:00am	Water Aerobics (Shallow Water) 9:00am – 10:00am	Water Aerobics (Deep Water) 9:00am – 10:00am	Water Aerobics (Shallow Water) 9:00am – 10:00am	Water Aerobics (Deep Water) 9:00am – 10:00am	Lap Swim/ Open Swim (3 Lanes) 9:00am – 4:30pm	
Swim Lessons 8:30am – 10:30am	Swim Lessons 8:30am – 10:30am	Swim Lessons 8:30am – 10:30am	Swim Lessons 8:30am – 10:30am	Swim Lessons 8:30am – 10:30am	Water Aerobics (Shallow Water) 10:15am – 11:00am	
Lap Swim/ Open Swim (3 Lanes) 9:15am – 8:30pm	YMCA Camp/ Open Swim 10:00am - 4:00pm	Lap Swim/ Open Swim 9:15am – 7:00pm	YMCA Camp/ Open Swim 10:00am - 4:00pm			
Camp Swim 12:30pm – 2:00pm					\$3 Community Swim 12:00pm – 4:30pm	Lap Swim/ Open Swim (3 Lanes) 1:30pm – 4:30pm
	Y Swim League 5:30pm – 6:15pm No Lap Lanes Available 5:30pm – 6:30pm		Y Swim League 5:30pm – 6:15pm No Lap Lanes Available 5:30pm – 6:30pm		Pool Closes 4:30pm	Pool Closes 4:30pm
Swim Lessons 5:30pm – 7:30pm	Swim Lessons 5:30pm – 7:30pm	Swim Lessons 5:30pm – 7:30pm	Swim Lessons 5:30pm – 7:30pm			
	Lap Swim/ Open Swim (3 Lanes) 6:30pm – 8:30pm	Special Olympics* (4 Lanes) 7:00pm – 8:30pm * Third-party Program	Lap Swim/ Open Swim (3 Lanes) 6:30pm – 8:30pm			
Pool Closes 8:30pm	Pool Closes 8:30pm	Pool Closes 8:30pm	Pool Closes 8:30pm	Pool Closes 7:30pm		

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.

Color Code Key:

Basic Plus Premium Paid Program

FOUR TOWNES FAMILY YMCA

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